
NM
NATURAL MUSCLE
MAGAZINE
SEPTEMBER 2015
FREE
Pick one up!
YOUR WORKOUT SUCKED! 6 POSSIBLE REASONS WHY
BACK TO SCHOOL BACK TO YOUR BODY
The Magic of Grapefruit Seed Extract
TURNING WEAKNESSES TO STRENGTHS: STRATEGIES TO IMPROVE A LAGGING BODYPART
PHIL'S BACK ATTACK
MUSCLE-BUILDING BLACK BEAN & QUINOA VEGGIE BURGERS
BUILD MUSCLE & BURN FAT SIMULTANEOUSLY

UNADULTERATED AND UNAPOLOGETIC STRENGTH.
PURE, DIRECT AND EXTREME.

Mind-blowing pumps from a never-before seen brew of Multi-Patented ***Nitrosigine®***; an Inositol-Stabilized Arginine-Silicate delivering a staggering ***4x increase in Blood Flow***, ***HydroMax™*** 65% Glycerol Powder to jack-up enhanced blood volume and the only 100% fermentation derived Agmatine Sulfate on the market, ***AgmaPure®***. A 3-blend of Arginine HCl+PyroGlutamate+Ethyl-Ester combines to deliver increased blood-Arginine levels.

Insane Strength from the tried, tested and proven 4g Creatine, 1g Creatine HCl and ***CarnoSyn®*** Beta-Alanine combination; dosages that deliver for strength when and where it matters most.

Nitrosigine® Arginine Silicate Inositol

HydroMax™ glycerol powder 65%

CarnoSyn® CARNOSINE SYNTHESIZER

ALLMAX UNDERGROUND

Stimulant and focus power that make rivals irrelevant. Shocking intensity delivered via Norcoclaurine:Higenamine HCl at 45 mg, Caffeine:Anhydrous+Di-Malate at 296 mg, Hordinine HCl at 22 mg and Spine-tingling Yohimbine HCl at 4.5 mg; Weak sauce is for the other guys. RAZOR8 is dosed to deliver.

45 mg
Higenamine HCl
Norcoclaurine

AGMAPURE® 100% FERMENTATION DERIVED
ULTRA CONCENTRATED: 9.5 g Serving

0 Sugars
0 Fillers

Available in *30* or *60* Servings • *3* Delicious Flavors

KEY LIME CHERRY

EXTREME BERRY

WATERMELON

Join the Conversation

#iwantrazorB

www.RAZOR8.net

ALLMAX®

BODYBUILDING.com · BEST PRICE NUTRITION.com · DNC SUPPLEMENTS WWW.DNCSUPPLEMENTS.COM · Supplement Superstores

This changes EVERYTHING

New & Improved

You want what everyone wants, the workout intensity of a Rabid Pit Bull and the results to match. Experience how RAZOR8 delivers on every level and never look back.

TIME FOR CHANGE

THERE ARE TWO TYPES OF PEOPLE IN THIS WORLD: THOSE WHO HAVE NEVER TRIED MAGNUM AND THOSE WHO ONLY USE MAGNUM.

I MAKE BETTER SUPPLEMENTS BECAUSE I CARE MORE. I TAKE MORE SUPPLEMENTS THAN ANYONE AND I ONLY TAKE MAGNUM SUPPLEMENTS. I CARE WHAT I PUT IN MY BODY AND WHAT YOU PUT IN YOURS. IF YOUR SUPPLEMENTS AREN'T GETTING YOU IMPRESSIVE RESULTS, PLEASE CONSIDER TRYING MINE.

MY NAME IS MARKUS KAULIUS AND **I AM MAGNUM.**

MAGNUM® NUTRACEUTICALS INC

BETTER INGREDIENTS, BETTER RESULTS.®

HARDMAGNUM.COM | TF 1.888.6.MAGNUM | FACEBOOK.COM/HARDMAGNUM

EDITOR IN CHIEF
Debbie Berkovits Baigrie
TotalH@aol.com

ART DIRECTION
Alex Gonzalez

WEBSITE
Shelly Dickson

PROOFREADER
Elizabeth Wozniak

CIRCULATION
Natural Muscle Magazine is distributed to select gyms and health related businesses throughout the USA. If you would like to carry the magazine at your location please send an email to totalh@aol.com, fax 813-354-2460, or order online at www.naturalmuscle.net. There is a one time fee for this. Natural Muscle Magazine is available free of charge at select locations, limited to one copy per reader. No person, without written permission, may take more than one copy of each issue.

Natural Muscle Magazine, Inc
Tampa, FL 33606

MEET OUR WRITERS ON PAGE 66

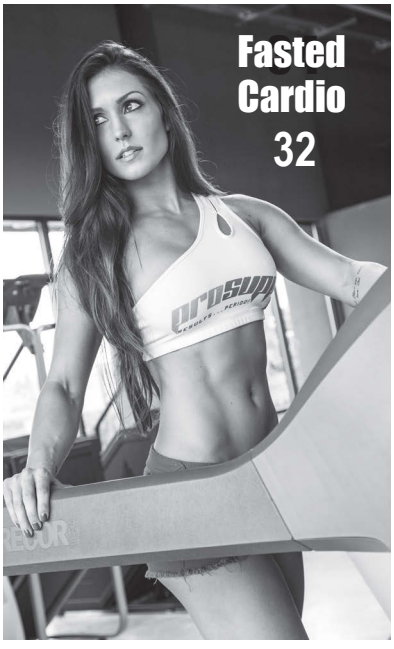
CONTENTS

SEPTEMBER 2015

TRAINING

PROFILES

NUTRITION



ON THE COVER
Shandy Ortiz
Photo by Eva Simon
Cover design by
by Alex Gonzalez
@photosbyalexg

TAKE ACTION.

Believe! JNL

JENNIFER NICOLE LEE
INTERNATIONAL FITNESS CELEBRITY

JOIN THE FITNESS CIRCLE THAT WILL GET YOU FIT FASTER IN THE COMFORT OF YOUR OWN HOME.

FITNESS CHALLENGES - WORKOUTS - DIET PLANS - MOTIVATION
FITNESS COMMUNITY - NUTRITIONAL TIPS *AND MUCH MORE*!

JOIN TODAY **JENNIFERNICOLELEE.COM**

JNL
JENNIFER NICOLE LEE

my two cents

By: Debbie Baigrie

THE CRACKED POT

An elderly Chinese woman had two large pots, each hung on the ends of a pole which she carried across her neck.
One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.
At the end of the long walks from the stream to the house, the cracked pot arrived only half full.
For a full two years this went on daily, with the woman bringing home only one and a half pots of water.
Of course , the perfect pot was proud of its accomplishments.
But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream,
"I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"
"That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

"For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

We've just got to take each person for what they are and look for the good in them. Remember to appreciate all the different people in your life!
There is a lot of good out there. There is a lot of good in us! We shouldn't be afraid of our flaws. Know that in our weakness we find our strength. Every day we look in the mirror, we can wonder what flowers we'll unknowingly be watering that day.

Do you have what it takes to be a Natural Muscle writer?
Send us an article today!
Debbie@naturalmuscle.net

Magnum Nutraceuticals has unveiled a fresh new look for all of its products.

"Our new simplified yet powerful look represents our ascension into brand maturity by presenting everything with sleek, balanced integrity. We wanted to present our brand in a way that aligned it with our customers' goals of attaining high-performing, clean and athletic physiques," said Magnum Nutraceuticals Vice President, Bert Neibergall.

Magnum has become known in the sport nutrition industry as the brand with nothing to hide. It commissions CGMP (Certified Good Manufacturing Practices), Site Licensed (Pharmaceutical) Manufacturing Facilities to produce highly advanced, quality formulas. The new look represents these strengths and qualities.

"The purity of this look is in sync with our belief in using only the purest Pharmaceutical Grade ingredients available in every one of our formulas. The use of the stylized infinity symbol represents our strong belief that physical changes are limitless and success is ultimately in our own hands," Neibergall said.

The infinity symbol, which will be pictured on all Magnum products, has become a key element in the Magnum mindset: that by devoting time and effort to achieving physical and mental goals – with the help of high quality Magnum supplements – the possible achievements are limitless. We can achieve and become anything that we put our time and effort into and Magnum Nutraceuticals is there to help clients every step of the way.

Magnum Nutraceuticals - Better Ingredients, Better Results. Limitless Possibilities. Infinite Potential.

MAGNUM
NUTRACEUTICALS

want a change? try

the 3 day SPLIT

DAY ONE:
CHEST, SHOULDERS, TRICEPS, ABS and CARDIO

CHEST:

• 3 sets of 12 push-ups on the floor.

• 3 sets of 12 reps of bench press on flat bench (Olympic bar set up). Chose weights that you "fail" at about 8 -12 reps.

• 3 sets of 12 reps of incline dumbbell presses. Super set each set with incline dumbbell flys. Presses should be heavier and flys should be lighter. Bench should be at a 30 to 45 degree angle.

SHOULDERS:

• 3 sets of 12 reps of seated twisting dumbbell presses "Arnolds".

• 3 sets of 12 reps of standing dumbbell lateral raises. Super set each of these sets with 12 reps of dumbbell front raises.

TRICEPS:

• 3 sets of 12 reps of barbell "skull crushers" (tricep extensions) on a flat bench. Make this a giant set by performing close grip bench press for 12 reps and then bench dips with feet on another bench for a set of 12 reps. Each giant set consists of 36 reps total (12 crushers, 12 presses, & 12 dips). Do 3 sets of this resting about 60 seconds in between each giant set.

DAY TWO:
LEGS, ABS and CARDIO

LEGS:

• 1 set of 25 bench squats to warm up.

• 3 sets of 20 reps of back extensions.

• 3 sets of 12 reps of seated leg curls with a drop set on the last set. Can do unilateral curls here as well.

• 3 sets of 12 reps of leg extensions with a drop set on the last one. Can do unilateral extensions here as well. Remember to squeeze your quads at the top of the exercise and then lower the weight slowly.

• 3 sets of 12 reps of barbell squats (free squats, not smith machine). Try to at least squat your body weight for the 12 reps. Keep chin up, focusing up at the ceiling as your body will go where your head is pointed. The stance should be a little wider than hip width with your feet parallel to each other. Sit back over your heels and drive up with your head and chest.

• 3 sets of 12 reps (each leg) of bench step ups with a barbell. Super set this with barbell reverse lunges for 12 reps (each leg) and then with barbell stiff leg dead lifts to make a giant set. Again, it is 36 reps in a row, then rest and repeat 2 more times for a total 3 giant sets.

DAY THREE:
BACK, REAR DELTOIDS, BICEPS, CALVES, ABS, and CARDIO.

BACK:

• 2 sets of 12 reps of Lat push-downs (straight arms, standing up) to warm up back. Chest up.

• 3 set sets of 12 reps of wide grip pull-ups (either assisted or not, which ever applies). Chest to ceiling. Do not let chest concave.

• 3 sets of 12 reps of seated cable rows. Alternate by sometimes using triangle handle and by sometimes using straight bar with over hand grip and/or under hand grip. Sit up straight with elbows in and chest up. Do not move back and forth a lot.

• 3 sets of 12 reps of close grip pull-downs. Use triangle handle or straight bar with a reverse grip. Chest up and elbows in. Retract your shoulder blades.

• 3 sets of 12 reps (each side) of one arm dumbbell rows on a flat bench. Keep back flat and elbow in. Nice light grip on the dumbbell allowing your back to do the work.

REAR DELTOIDS:

• 3 sets of 12 reps of either bent over dumbbell rear laterals or machine rear flys.

BICEPS:

• 3 sets of 12 reps of barbell curls. Use straight bar, Olympic bar if possible. Keep elbows in tight and in the front.

• 3 sets of 12 reps of standing alternating dumbbell curls. Keep elbows in tight and in the front.

•3 sets of 12 reps of cable curls. Use upper pulleys with handles. Do both sides at once keeping your elbows back and your upper arms parallel to the floor. Use this as a "finishing exercise". Mind/muscle connection very important here as in all exercises.

CALVES:

• 3 sets of 15 reps of bent-over calf raises. Use quite a bit more than your body weight if possible.

• 3 sets of 15 reps of seated calf raises. Remember to use full range of motion going all the way up on the balls of your feet and stretching the heels all the way down. Slow and controlled motion.

THE ANSWER...

VEXXUM

"EXPOSE THE TRUTH"

TJ HUMPHREYS
PROSUPPS CEO

- Ultra Concentrated, Intense Fat Burner
- Three-Stage Caffeine Matrix as used in Mr. Hyde
- Enhanced Mood Support and Appetite Control

theVitamin Shoppe

BODYBUILDING.com

DPS
www.DpsNutrition.com
1-800-697-4989

NutraPlanet.com

prosupps.com
RESULTS . . . PERIOD!

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

David Carter

CHRIS WILLITTS
Vegetarianbodybuilding.com

PRO FOOTBALL, MARTIAL ARTS, YOGA, AND A **PLANT-BASED DIET**

Profession: Chicago Bears Defensive Lineman
Hometown: Los Angeles, CA, USA
Height: 6'6"
Weight: 305lbs.
Website: www.the300poundvegan.com

Chicago Bears defensive lineman David Carter suffered from tendonitis and fatigue in the first few years of his NFL career, and in 2014, he decided to switch to a vegan diet.

Carter lost 40 "unhealthy" pounds on his new plant-based diet and then gained lean muscle and eventually got back up to 305 pounds.

Now, Carter says he's stronger than ever.

Q: Tell us a little about your childhood/life and how you eventually found the vegan lifestyle.

After being released from both the Arizona Cardinals and the Dallas Cowboys, I knew I needed to make a change. My old injuries from college were resurfacing, I was losing weight, and things like nerve damage, tendonitis, high blood pressure, and early onset arthritis were finally taking their toll on me.

I was no stranger to the concept of a plant-based lifestyle; my wife has been vegan for six years. So after binge-watching all the vegan documentaries, I decided I was going to go vegan.

Q: What are you up to these days besides playing ball? What else would you like to be known for?

I would like to be known for my activism. I hope to be known as someone who helped people to open their minds to the possibility of positive change for everyone: animals, the planet, and people. There is no reason we can't all co-exist. As far as what I'm doing right now, I'm currently in training camp with the Chicago Bears, so right now my life is all football, all the time.

Q: Do you meditate?

Yes, I do. Most of the time, I do my meditation at the end of my yoga practice. So it's really easy for me to just flow into, since the yoga puts me in a calm, peaceful space. But when I'm sitting down to meditate without having done yoga prior, it's a little different. Doing that for 15-30 minutes really helps me clear my head and recharge.

Q: What has been the hardest obstacle for you to overcome in your life?

I'm always working on evolving. Growing constantly is a challenge, so it's important to me. In football, in my activism, and in my personal life, I try and keep myself open to learning. Sometimes, people get in a place where they feel like they know enough to be the one teaching.

"I think we should all work on just being the student first."

Q: What advice would you give your 13-year-old self?

Never, ever quit, because sometimes, when you're standing for what's right, it means you'll be standing alone.

Q: What are the dirty little secrets of Pro Ball?

There are no dirty little secrets in the league! Everybody's business, good and bad, is unfortunately aired for the public, and the

show “Hard Knocks” is as close to the truth as it gets. So there’s nothing really for me to give away.

Q: What exercises would you choose if you could only do three?

Push-ups
Burpies
Squats
Push-ups: They are so versatile, there are hundreds of types you can do.
Burpies: They’re an awesome full body workout.
Squats: You can’t forget about working your lower body; plus, they are extremely effective and help with explosiveness.

Q: What does your daily meal plan look like?

Ha! It looks like a lot of food! I’m taking in 10,000 cals/day and around 300g of protein.

“I try to eat 1.2 grams of protein per pound [of bodyweight]; otherwise, it’s hard to gain weight.”

Breakfast: I mainly have a shake in the morning, then a large amount of rolled oats or millet with nuts and fruit for breakfast. I like having hearty grains in the morning.
Lunch: Most of the time, it’s lots of veggies and a grain. I love Mexican food, so I eat a lot of rice and beans and cashew cheese.
Dinner: I also like stir-frys, so for dinner, sometimes I eat a noodle stir-fry with veggies and spring rolls. There is so much variety in my food, I can’t give a specific look into what I eat. It’s different every single day.
Snacks: I have a big snack or shake in between each meal.

Q: What advice about fitness in general would you give that you don’t commonly see in magazines? Your “secret sauce”?

Come on now, Chris, I can’t give away everything.

Q: What uncommon activity do you schedule into your daily routine?

Well, it’s not uncommon for me, but I like to add a little martial arts and yoga to my routine.

“It’s important for me to be a well-rounded athlete. Martial arts helps with my hands, and yoga is great for flexibility and distressing and resetting the body.”

Q: What are some common misconceptions about veganism?

One of the biggest misconceptions people have about vegans is that they believe removing animal products will make you weak. That couldn’t be further from the truth.

“Since going vegan, I have seen dramatic improvements in my overall health. I’m heavier, stronger, faster, and healthier.”

My recovery time and endurance have improved after becoming vegan, so I actually train even harder than before.

Q: What advice do you have for people who are thinking of becoming vegetarian?

The best advice I can give is to take it easy on yourself. Set yourself up for success. Preparation has been really important for me. I did my research, so I knew what I was getting myself into, and kept it simple.

“Making the switch to vegan or vegetarian shouldn’t be complicated.”

Q: Best piece of advice for people just trying to live a good life?

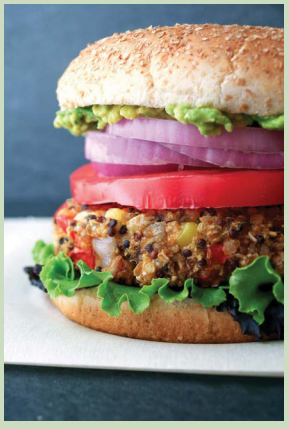
Being true to yourself is so important. Having peace and happiness for yourself first is the only way you can bring peace and happiness to others.So working on being the best you is the first step to living your best life.

“Since going vegan, I have seen dramatic improvements in my overall health. I’m heavier, stronger, faster, and healthier.”

MUSCLE-BUILDING BLACK BEAN & QUINOA VEGGIE BURGERS

Serves: 4

Ingredients:



1 (15 oz) can black beans, drained and rinsed
1 cup dry quinoa
1 large egg, or vegan egg substitute
2 tsp coconut oil
3 cloves garlic, minced
1/2 tsp sea salt
2 tbsp tomato paste
2/3 cup frozen corn
1/2 cup cilantro, chopped
1 tsp cayenne (as needed, start with 1 tsp)
1 tbsp turmeric
1 tbsp black pepper (add to taste)
2 tsp ground cumin
1/2 cup rolled oats
1/4 cup oat flour
2 tbsp natural almond butter
4 tbsp pumpkin seeds

Instructions:

Place the quinoa in a small saucepan with 1 cup of water. Set the saucepan over medium-high heat, and bring to a boil.
Reduce heat to low, cover the pan, and cook 10-15 minutes until the water is absorbed and quinoa is cooked. Remove from heat. Note: this step can be done ahead of time.
Heat the coconut oil in a small pan over medium heat, and add the garlic. Add 1/4 teaspoon of sea salt, and sauté for 5-6 minutes.
Place the mixture into a large bowl.
Add black beans and almond butter to the bowl, and using a potato masher or fork, mash together until a pasty mixture forms.
Stir in the tomato paste, egg, corn, cilantro, turmeric, black pepper, cayenne, cumin, pumpkin seeds, and remaining 1/4 teaspoon of sea salt. Stir in the cooked quinoa, oats, and oat flour until well-mixed.
Form the mixture into four equal patties, compacting them well.
Place the patties on a baking sheet, cover them with plastic wrap, and refrigerate for at least four hours or overnight.
When ready to eat, preheat the oven to 400 F, or heat a griddle to medium-high heat. If baking, coat a baking sheet with coconut oil, and place the patties on the sheet cook 10-12 minutes or until the patties are golden brown and crispy. Carefully flip them over, and cook another 10 minutes. If using a griddle, heat 4-6 minutes per side or until slightly golden.
**For added texture and healthy fats, serve patties with slices of avocado.*

Nutrition Information (per veggie burger):
454 calories 24.5 g protein
60.5 g carbohydrate
16.5 g fat

DO YOU HAVE CENTRALNERVOUS SYSTEM (CNS) FATIGUE?

Here's how you can fix it

By Steve Marteski

Two types of breakdown occur from weight training that are of exceptional importance to athletes. One is muscle breakdown, which we are all familiar with. This is the muscle soreness, swelling and pain that we all get in the hours and days after a good workout. Muscle breakdown and muscle trauma are ultimately what is responsible for muscle growth and improvement. Once the muscle is damaged after an intense workout, the body responds by building it up better than it was before in order to better tolerate such workouts in the future. Central Nervous System (CNS) damage, on the other hand, is much more sinister. The central nervous system is responsible for everything muscles do. When you want to do an arm curl, your brain sends a signal to your bicep to contract. When the nervous system is damaged and not operating at its best, it can't send this signal as strongly, and subsequently the muscle doesn't contract with as much force. Think of the CNS as the electrical grid for a city. If it is overloaded, less power is available to everyone, not just the area of highest use. CNS damage is essentially when the entire central nervous system gets depressed as a result of overtraining. As opposed to muscle damage, which is isolated to the particular muscles it effects, CNS damage affects then entire body. It deteriorates brain to muscle signaling, making the force and exertion of every muscle decline substantially. CNS fatigue comes along with a number of neurochemical changes as well. Serotonin and dopamine levels are critically effected resulting in not only physical fatigue, but mental feelings of overexertion as well. Of particular note about CNS fatigue is that is it cumulative, in that damage can accumulate over a period of days, and it is also very slow to recover. In fact, it can take the body six times longer to recover from CNS damage than muscle damage.

So how do you know if you are experiencing CNS fatigue? Once you understand what it is, the indicators that you may have it become very obvious:

OVERALL MUSCLE WEAKNESS: Breaking down the CNS means that the signal to the muscles becomes weaker, and as such, even a fresh muscle is unable to perform that well. If you did xx weight for 15 reps last week, then allowed your muscle to recover, but this week you are only able to get 12 reps the chances are your CNS is in need of repair.

GENERAL FATIGUE: One of the easiest indicators of CNS fatigue is an overall lack of motivation. You may think it is all in your head, or you need to "get pumped up" but in reality your body may be telling you something. CNS fatigue comes along with a downregulation in dopamine, which is responsible for feelings of well-being as well as perceived fatigue. A decrease in dopamine means a decrease in performance and motivation

OVERALL BODY PAIN: This is a general feeling of exertion. Things that are normally fairly easy physically seem to be much harder and hurt to do them. Body aches become common and even the warmup set at the gym hurts.

There are quantifiable ways to determine if you are experiencing CNS fatigue as well. One excellent way is to use a hand grip dynamometer. This is a simple device that measures the force with which you are able to squeeze with your hands. The first step is to establish a baseline by squeezing the dynamometer when you haven't trained in a few days and your CNS is known to be fresh. Record these results. Then any time you wish to measure if you are experiencing CNS fatigue, measure your grip strength in exactly the same way at the same time of the day. If your results are more than five pounds down or so from baseline, you are not fully recovered.

So what can be done to repair a damaged central nervous system? As with any injury, the most prevalent way is to give it time, but here are a few steps you can take to get a quick recover as quickly as possible:

REST AND SLEEP: This is first and foremost. Particularly with neurological conditions, deep REM sleep and plenty of rest are when the body will recover the most. Take some extra time to relax and designate an extra hour or so to sleep each night. Quality of sleep is the #1 factor in CNS recovery. Serotonin and GABA levels are greatly influence by good sleep which will lead to great recovery.

AVOID STRESS: Easy to say right? But as it turns out CNS fatigue comes from all types of stress, not just that of workouts. Try avoiding potentially stressful situations for a couple days to give yourself some time to recover. This includes time off from the gym unfortunately.

LIGHT CARDIO OR LOW IMPACT ACTIVITY: While high impact workouts should be limited or avoided altogether, light cardio to accelerate blood flow can actually expedite the healing process. Try light walking or even low intensity stretching to facilitate this.

Take Inositol and Magnesium L-Threonate - Researchers have found magnesium-L-threonate can rebuild ruptured synapses, and restores the degraded neuronal connections common in extreme neurological conditions. Likewise, Inositol can work wonders to restore healthy neurotransmitters and CNS signaling pathways. Getting a steady intake of these two nutrients can not only repair a broken down CNS, but can prevent a healthy one from being overtaxed.

Overall, a damaged CNS system can completely shut down your ability to improve. Becoming conscious of when it is damaged and in need of repair, and taking the proper steps to allow it to heal will make the different between moving forward and backwards in your training.

Nitrosigine® Arginine Silicate Inositol

HydroMax™ glycerol powder 65%

CarnoSyn® CARNOSINE SYNTHESIZER

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

www.RAZOR8.net

BODYBUILDING.com · BEST PRICE NUTRITION.com · DNC SUPPLEMENTS www.DNCSUPPLEMENTS.com · Supplement Superstores

By: Frank Gigante
Natural Pro

Jennifer Merida photo

TURNING WEA

Strategies to

The goal of any training program is to build a well-rounded and evenly balanced physique. That is the ideal. The reality is everyone has different strengths, weaknesses, genetics, and anatomical and physiological differences which result in various physiques each with their stronger and weaker bodyparts. Plus, training only the stronger or more dominant muscle groups will lead to overdevelopment in one area, while creating an underdeveloped muscle and imbalance in another area. This is often seen in athletes who predominantly train chest without focusing much on the other heads of their deltoid muscles. The front head of the deltoids and the pectoral muscles become well developed while the side and real head of the deltoid lag behind creating a weakness both visually and physically.

Everyone has a lagging muscle group that doesn't seem to respond or grow in proportion, or as easily as others. It does not mean that the particular muscle cannot be brought up to par or closer in proportion with the rest of one's physique. There are several techniques and strategies that can be used to improve a lagging bodypart.

PRIORITIES

First, make that lagging muscle group a priority. Make it a point to train it first in a workout so that the muscles are fresh and you can hit them hard. Often times, lagging muscle groups get worked later in a workout when they are already fatigued from indirect work, or when you are running on empty towards the end of your workout. By working a muscle when it is fresh you can devote more mental and physical energy to working through each set and rep and really focusing on the feel of each movement through a full and controlled range of motion. Most likely you will be able to use more weight and create more resistance when training a muscle that is fresh rather than when working it as an afterthought towards the end of the workout.

PLAY THE ANGLES GAME

For any given muscle group, there is usually an array of exercises which will work the muscle from a different angle or focus on one joint movement over another. Within any workout program it is wise to incorporate using exercises that will work a muscle through several angles or variations. For example, when working hamstrings including both lying leg curls which contract the hamstrings by pulling the lower leg up, and also Romanian deadlifts which focus more on contracting the hamstrings through pulling the hip in and under will stress the muscle in two different ways. When working triceps, it is helpful to choose movements that put the elbows and upper arms close to the sides of the body as in triceps extensions, but also in front or above the body as in skull crushers or overhead dumbbell triceps extensions.

KNESSES TO STRENGTHS:
Improve a Lagging Bodypart

CYCLE EXERCISES, SETS, REP SCHEMES

When training, my training partnerm Pete Fountain, and I will change our routines every 4-6 weeks depending upon several factors. With each new program, we change up the exercises used, the number of sets for each exercise, the rep ranges used, as well as even the muscle groups we pair together. This type of variety can be used not only from program to program, but even within the same workout program, either from week to week, or from exercise to exercise. By varying the exercises, sets, and reps, you constantly provide muscle confusion and will continue force the muscle to adapt to the different stresses placed upon it.

INTENSITY TECHNIQUES

Lastly, you could incorporate a variety of intensity techniques to push the muscles beyond their limits and force them to adapt and grow a bit more. Here are a few of my favorites:

Forced reps – used at the end of a set have a partner assist in getting one or two more reps when you can no longer complete the rep on your own.

Drop sets – often used on the last set of an exercise after no longer being able to complete a full rep, with good form, at a certain weight, immediately lighten the weight and keep going. This is one drop. Sometimes you may finish off a workout with 1-3 drops in that final set.

Rest – Pause – after completing a certain number of reps with good form, rest for 15 seconds and then continue the set by pushing out 1 or 2 more full reps.

Supersets – these are done with 2 different muscle groups, usually opposing muscles like chest/back, biceps/triceps, quads/hamstrings. Choose two exercises, one for each muscle group and do one set of each without a rest in between. This is considered one superset.

Compound sets – similar to supersets, but these are 2 exercises that work the same muscle group.

While genetics, training styles, and long term use may have an affect on which muscle groups develop better than others, there is no reason to throw in the towel and not work to bring up a lagging muscle group. It may mean doing things you have never done to get the desired results, but there are a variety of principles and techniques to use to focus on your weaknesses, and begin to turn them into your strengths.

RED HOT RESULTS

SPICE UP YOUR METABOLISM AND KEEP TESTOSTERONE LEVELS HIGH WITH THIS POTENT PEPPER COMPOUND

The calorie restriction conundrum

Anyone who has ever tried dieting has undoubtedly experienced frequent weight loss plateaus, periods of rebound weight gain, and strength reduction that hinders lifting performance. The human body works hard to maintain the status quo, or homeostasis, so any sizable or prolonged calorie deficit induces mechanisms to reduce metabolic rate thereby reducing energy expenditure and restoring balance.

If you can't beat 'em, heat 'em

More recently, researchers have started focusing on compounds that have the ability to activate energy expenditure from within. Whereas, most of the macronutrients that we consume are systematically stored and eventually degraded for fuel, there are alternate pathways for utilization. One such pathway, known as thermogenesis, involves the activation of brown adipose tissue (BAT) and the oxidization of fatty acids for heat. Thermogenesis has important implications for weight loss because energy utilization increases independently of diet and exercise. Even better, unlike attempts to lose weight through excessive calorie restriction, thermogenic energy expenditure does not appear to be blunted by homeostatic mechanisms. Thus, thermogenesis may be a more effective way to promote long-term weight and fat loss than energy restriction alone.

Hot stuff

Capsaicin, the constituent in chili peppers that gives them their heat, is among the most promising of the thermogenic nutritional ingredients available. Capsaicin has been shown to activate receptors in BAT, significantly boost fat oxidation, and even increase energy expenditure while dieting in both human subjects and animal models.

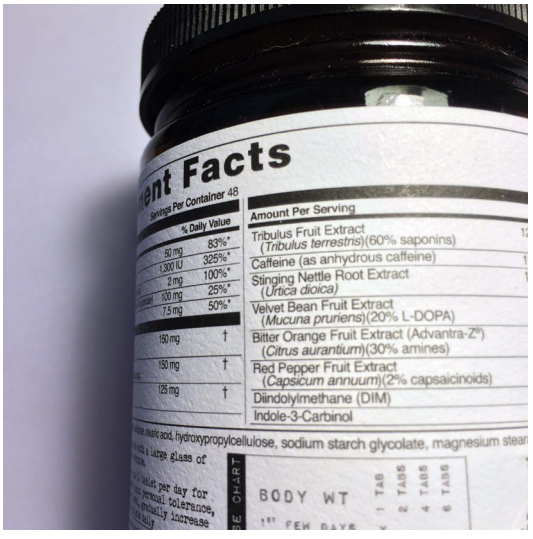
Maintain more lean muscle

Besides keeping the metabolic fire red hot, capsaicin also appears to counteract another unfortunate side effect of dieting: it offsets the characteristic decline in testosterone synthesis. The exact mechanism(s) behind capsaicin's ability to improve testosterone levels is/are not fully understood, but capsaicin may lower ghrelin (an appetite hormone known to suppress levels of testosterone) and/or directly stimulate testosterone-producing testes cells. Regardless of how it works, use

of capsaicin has been shown to substantially elevate testosterone production, which will help mitigate the many of the catabolic effects of energy restriction on muscle tissue.

Play with fire, without getting burned

If your goal is to lose body fat while preserving as much lean body mass as possible, capsaicin should be at the top of your list. To realize any of the aforementioned metabolism and testosterone boosting benefits, you'll need to eat capsaicin-containing foods often and in good size portions. If a hot and spicy diet isn't your thing, capsaicin supplements are also available. For greatest effectiveness, look for standardized extracts delivering 1-3 mg capsaicinoid content per dose. And, if you're prone to heartburn or other gastrointestinal distress, choose a product that's made with encapsulated coatings and targeted delivery technology.



References: (1) Biophysical Society, 59th Annual Meeting 2015; (2) Whiting S., Derbyshire E, and Tiwari BK. Appetite 2012;59,341-48; (3) Iihan T and Erdost H. Biotech Histochem 2013;88,10-18.

DUAL-ACTION FORMULA
ONE POWERFUL PHYSIQUE!+

BUILD MUSCLE + BURN FAT ALL-IN-ONE!+

Dual-action THERMOSTERONE™ enhances your training efforts in two distinct ways. First, carefully selected thermogenics directly stoke your metabolism and intensify training energy to help enhance calorie burning. Meanwhile, natural hormone optimizers contribute to an anabolic environment that supports greater muscle development. The net effect is a leaner, more-powerful physique in one daily step.!+

NEW

OUTOFTHELAB + O2THELAB

! These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

+ This product won't work miracles. You still need to eat sensibly, train hard, and get adequate rest to achieve desired results.

DISTRIBUTED BY:

POWER SHACK®
www.powershack.com
1-800-359-4792

OUT OF THE LAB
OUTOFTHELAB.NET
P: +855.996.6285
SUPPORT@OUTOFTHELAB.NET

The **Magic** of Grapefruit Seed Extract

Tim McComsey for Sunwarrior

Have you ever tried grapefruit? This fruit is super healthy for you, and so are the seeds!

Texas grows some of the best grapefruits I've ever had: plump, tart, and juicy with just enough sweetness to make your mouth water. While grapefruits are easily one of my favorite fruits, and packed with vitamin C and virus fighting nutrients, the seeds pack a powerful, healthy punch as well. Sure, they always end up thrown away in my kitchen, but there's a supplement called Grapefruit Seed Extract (GSE) available at almost any health market. Grapefruit Seed Extract has potent antioxidant properties and phytonutrients called bioflavonoids. This makes GSE a perfectly natural immune booster and disease-fighting agent. What makes GSE so special is that it not only contains compact vitamin C, but sterols, tocopherols, citric acid, limonoids, and other trace minerals.

The best part about everything GSE brings to the table is it is a natural remedy for things we tend to buy processed, like cleaning supplies, medications, illness treatments, and disinfectants. The Journal of Alternative and Complementary Medicine found that GSE was able to kill over "800 bacterial and viral strains, 100 strains of fungus and a large number of single and multi-celled parasites." If it's possible to do all of that with something that came out of the ground, why, oh why do we even bother with store bought products?

The problem begins when we buy mostly processed, chemically created products marketed for fast, easy results without any warning that they could be harmful to your health and the environment. Change starts with information! Take this gift from the earth that can hold its own in a natural, healthy light when it comes to getting the job done. If GSE has been shown useful and perfectly effective as a pre-surgical soap, I think it can take care of us on a regular basis also.

20 USES FOR GRAPEFRUIT SEED EXTRACT:

- Antiviral and antifungal properties
- Possibly contains anti-cancer properties
- Promotes the healing of wounds and scar tissue
- Excellent remedy for toenail fungal infections
- Treatment for sinus, vaginal, and skin infections
- Environmentally-friendly fruit and vegetable wash for removing toxins from produce
- Effective preventative for Candida and other forms of yeast infections
- Stops harmful intestinal organisms in their tracks, including Giardia, without reducing levels of healthy bowel flora
- Acts as a natural preservative for cosmetics and other products
- Can be used to purify water
- Could replace chlorine in swimming pools, public baths, water, and sewage treatment centers
- Possibly contains antibiotic activity
- Rejuvenates health by bringing the body back towards an alkaline state that balances pH levels from an unhealthy acidic level
- Great general immune system booster
- Natural germ killer and preventative for food borne illnesses
- Useful with pets both internally and externally for illness, gum disease, skin infections, and fleas
- Try it out in the garden as a cleaning agent for tools, as well as a great bug and plant spray
- Indoor surface cleaning agent and soap additive for antimicrobial and antiviral effects

Introducing *Classic Plus*, the powerful, new, raw plant-based protein from Sunwarrior

Your Plus is Here

What will you make of it?

MADE WITH ORGANIC

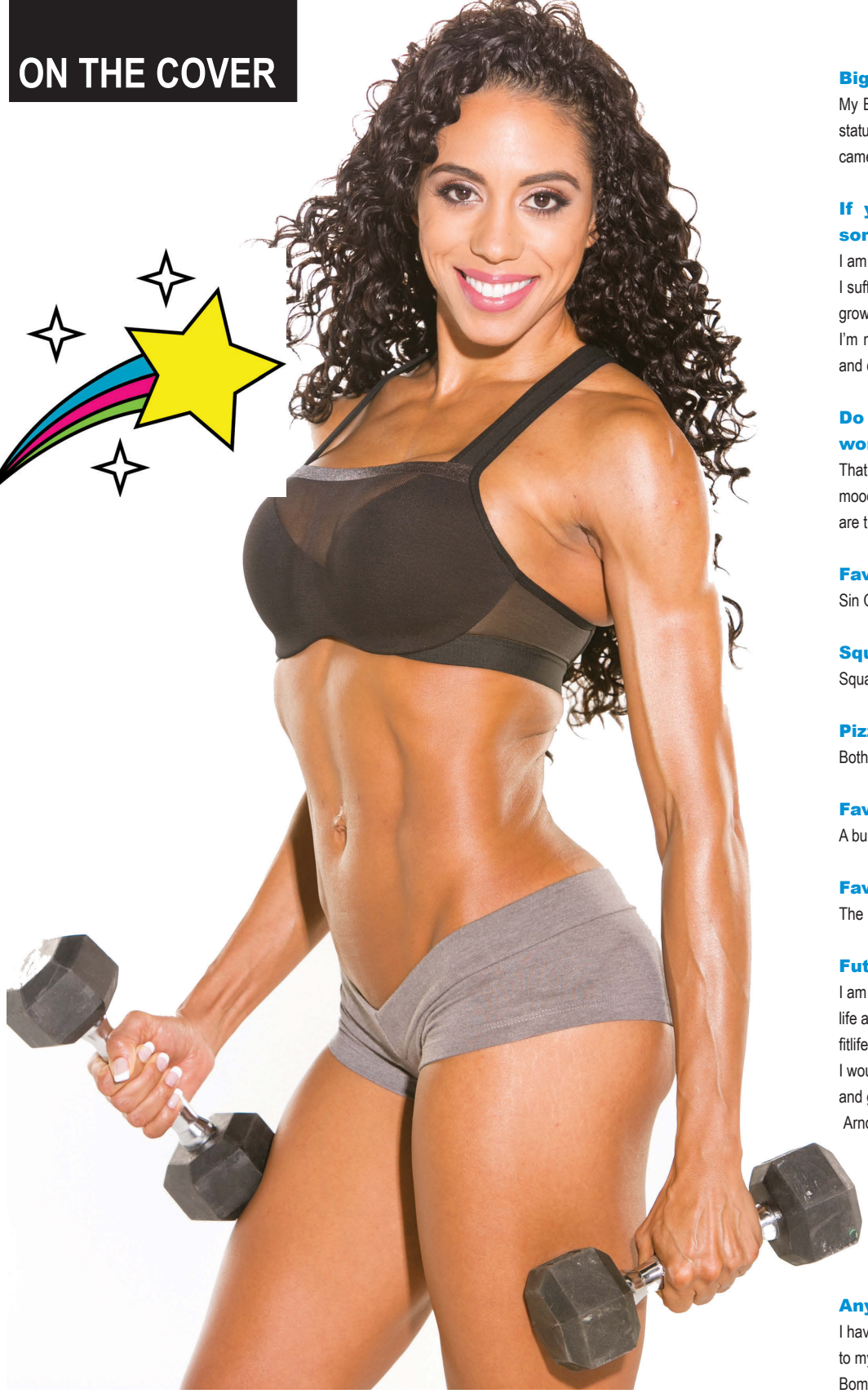
Pea + Brown Rice + Quinoa
Chia Seed + Amaranth

YOU+

Tim McComsey
Sunwarrior Ambassador

FIND IT AT theVitamin Shoppe®

SUNWARRIOR®



Shandy Ortiz

IFBB Bikini Pro

Biggest "Win" in life the last 5 years?

My Biggest win in the last 5 years would definitely have to be achieving Pro status. Not because of the title but because of the defeat and obstacles I overcame and the tenacity and indomitable spirit I was able to find within myself.

If you can go back the last 5 years and change something in your life what would that be?

I am most disappointed for giving up on myself and accepting self defeat after I suffered a devastating shoulder injury but I believe even that has helped me grow into the person I am today. It was definitely a difficult phase in my life but I'm much stronger because of it, and I am now determined to provide hope and encouragement as well as share my love and light to those who need it.

Do you have a specific song you like to start your workout or cardio session with?

That is a hard one, lol! I love a variety of music and it honestly depends on what mood I'm in. Most of the time I love to listen to EDM, or Trap music but there are times I have to put on my gangster rap and kill my workout.

Favorite supplement?

Sin O Bun BeautyFit BeautyWhey, hands down!

Squats or Lunges?

Squats!

Pizza or Ice Cream

Both!!

Favorite pre contest meal?

A burger!

Favorite movie?

The Notebook

Future plans

I am currently working on my certification in PT. I feel like fitness saved my life and I would like to be able to share that gift and coach others in living the fitlife. Through my journey I want to continue to motivate and inspire others. I would also like to become an International bikini athlete, work for a Pro win and grace the most prestigious stages in the sport such as the Olympia and Arnold.

What contest/competition did you get your IFBB Pro card?

I received my IFBB Pro card in 2014 at Gary Udit's North Americans where I placed first in my class and won the Bikini division.

Anyone you want to give a shout out?

I have to give a HUGE shout out and thank you to my sponsor BeautyFit and to my BeautyFit family, my friend and mentor, Jimmy Mentis, my coach's at Bombshell Fitness and CEO Shannon Dey, Cynthia James who makes the best suits in the business and Alexandra from Glam Competition Jewelry for always making me sparkle brilliantly, The Body Club in Orlando, Zen Body Foods for prepping all my meals with gourmet taste, my friend Harrison Hamp, my best friend Katie Carroll for never giving up on me, my parents, husband and children for their unwavering love and support and everyone who has taken the time to support me, follow my journey and send me messages saying I have inspired them as that is what fuels me to continue to raise the bar.

BEAUTYFIT®

GRAB A BUM... YOU WON'T REGRET IT

PARABEN FREE

Sensual Sweet Pea
Plush Pear
Passion Plumeria
Original Scent

Available At Select:

BED BATH & BEYOND

HARMON FACE VALUES®
HEALTH BEAUTY COSMETICS

Share Your Beauty

Join Our BeautyFit Family • Beautyfit.com

FOOD

Chickpea Chocolate Cake

ALLMAX NUTRITION

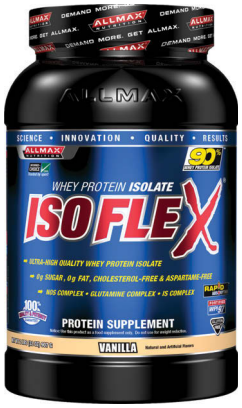
This sounds crazy, I know, but it makes a really good chocolate cake. It's almost a cross between a cake and a brownie.

The bonus here is that it's high in protein (from the eggs and the ISOFLEX), high in fibre (from the chickpeas) and it's gluten free (as long as your baking powder doesn't have gluten in it). We've even gone a step further and used some honey (a more natural sweetener) to replace part of the traditional sweetener.

Ingredients

We've used honey and sugar here, you can use all sugar if you want, it's up to you.

1 tbsp Butter
1 tbsp Cocoa Powder (Unsweetened if available)
2 scoops Chocolate ISOFLEX Powder
4 oz (1/2 cup) Semi-Sweet Chocolate Chips
1 can Chickpeas, rinsed and drained
4 Eggs
1/2 tsp Vanilla Extract
1/4 cup Sugar (or Splenda!)
1/4 cup Honey
1/2 tsp Baking Powder
1/4 tsp Salt



Preparation

Preheat oven to 350°F. Grease interior of 1 lb loaf pan with butter. Dust surface with cocoa, remove excess.
Throw beans, eggs and vanilla into a food processor and puree until smooth.
Add sugar, honey, ISOFLEX, baking powder and salt. Give it few quick pulses to combine.
Melt chocolate chips by microwaving in a glass (microwave safe) bowl in 30 second intervals, stirring between sessions (or, you can do it over a double boiler).
Add melted chocolate to your chickpea mixture and blend thoroughly.
Pour your batter into your loaf pan and cook for approximately 1 hour.
Let cool for 20 minutes on a wire rack before removing from loaf pan.

PROS WHO DEPEND ON THEIR RESULTS DEPEND ON ISOFLEX!

100% WHEY PROTEIN ISOLATE • 27 G TOTAL PROTEIN YIELD IN EVERY 30 G SCOOP
23% GROWTH-STIMULATING BCAA CONTENT (6 G) • 46% ESSENTIAL AMINO ACID CONTENT (13 G)
0 G FAT & NO SUGAR(POWDER) • ABSOLUTELY DELICIOUS AND MIXES INSTANTLY WITH WATER OR MILK

ISOFLEX is Gluten and Aspartame-Free and with a 90% yield of high-performance protein in every scoop, amazing taste and the perfect blend of RAPID ABSORPTION™, Cold Temperature Processing [CTP™] and ULTRA-FLOW Delivery™ nothing else can really compare. Don't settle for whey protein concentrates or protein blends passed off as the real deal. Pros, athletes and trainers know better.

ALLMAX®

Bodybuilding.com · Best Price Nutrition · AllStarHealth · DNC Supplements · Rock's Supplements · Vitamin Shoppe · Popeye's Supplements · SVN Canada · Fitshop.ca

INDEPENDENT 3RD PARTY TESTED
TESTED FREE FROM BANNED SUBSTANCES
INFORMED-CHOICE.ORG Trusted by sport

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Protein value calculated on "as dry basis".

By: Naz Agemy

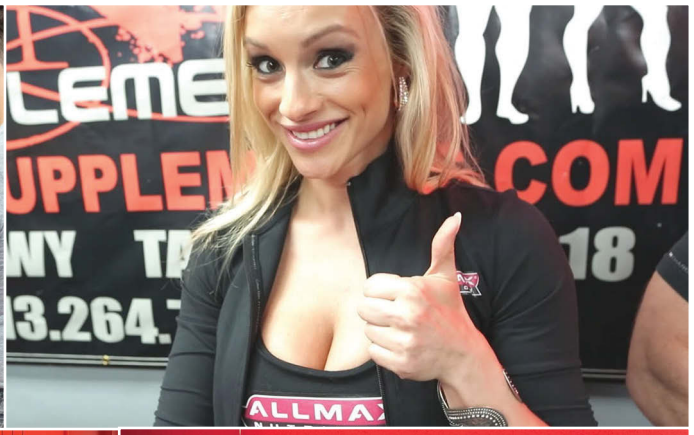
DNC NUTRITION CELEBRATES 20 YEARS AND A NEW LOCATION

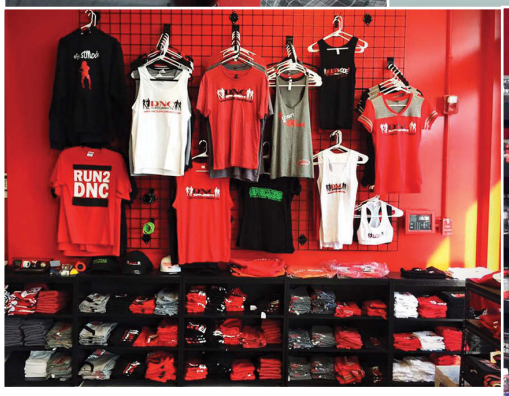
After selling my video store business many years ago, I decided to get into something completely different. I ventured into Sports Nutrition distribution. I had a great time meeting people and learning the business. My first client was John Mair. He had a little store in Carrollwood, called Muscle Emporium. Not long after delivering to Muscle Emporium, John let it be known that he had taken a job up north and the store was up for sale. This is where it all began, in July 1996. I worked long hours, alone, open to close. The customers were the best! Work was never like work to me, and even still today, it doesn't feel like work. Every employee who has ever worked for me has felt the same. It is actually a lot of fun. I started from the very beginning selling at wholesale or close to it. We had the best prices around. I have always built my business on customer relationships. I carried all of the major brands and a many of the small ones too.

As a small business man myself, I appreciate and support the same. I will try every vendor to get a product in for a customer. My business has always been based around customer service. Through the years Discount Nutrition has taken on many different variations and configurations. Constantly changing and evolving to accommodate more selections for our customers. So in 2015 destiny came calling. We had outgrown the original location many years ago. When I found out that a larger spot had opened up, close to the original location but next to a gym. We then decided to relocate Discount Nutrition.

With the help and support from my family and friends the store was moved and up and running in record time. We went from a 1200 square-foot store to a store over 4000 square feet. Customer service is our number one goal. It's an honor and a true pleasure to be able to serve the sports enthusiasts of Tampa and all surrounding areas. We sponsor all local body building shows and also sponsor athletes, both male and female. If you are not in the local Tampa area, please visit us at Dncsupplements.com. for the same service to help you with all of your supplemental needs.

Within the new superstore, **we offer many additional services such as: a beautiful posing room for seminars and posing clinics, Skin care & massage therapy**. If you need healthy meal prep, we've got that covered too. Contest tanning available all year round. You now have your supplement and show prep needs under one roof. Discount Nutrition has the largest selection of supplement brands. We will always be adding new products and lines. Thank you Tampa for your loyalty and patronage. My family has been very supportive throughout the years. And to my Dnc family here's to another 20 years





If you are not in the local Tampa area, please visit us at **Dncsupplements.com** for the same service to help you with all of your supplemental needs.

the fit gourmet

By Danielle Singh, APCA
Nutrition & Natural Health Consultant
www.fitandbeyond.com

After a long day at work, you may be tempted to eat the quickest thing, even if it not healthy. NO WAY! Try this healthy, low fat, and high protein dinner that is ready in only 15 minutes. It can also be made with fresh tuna steak. The couscous is amazing and the flavour is wonderful.

CURRIED TUNA

Carrot & Hummus Couscous

15 min | 15 min prep
SERVES 4

INGREDIENTS

2 cups instant couscous
2 cups boiling chicken stock or vegetable stock
1 1/2 teaspoons curry powder
1 1/2 teaspoons garlic, minced
1 tablespoon margarine
2 (185 g) cans tuna in water, flaked & drained
1 red capsicum, diced
1 large carrot, grated
40 g baby rocket
4 spring onions, thinly sliced
2 tablespoons lemon juice
2/3 cup hummus, to serve

DIRECTIONS

Place couscous in a large heatproof bowl and stir in stock, add in curry powder, garlic and margarine, and mix to combine.
Cover with plastic wrap and set aside for 5 mins or until all liquid has absorbed. Fluff with a fork to separate grains.
Add tuna to couscous with capsicum, carrot, rocket, onions and lemon juice, season to taste and stir well to combine.
Serve with a generous dollop of hummus.

BEST TO BUY

Look for tuna that smells fresh like the ocean and has clear, bright eyes, clean red gills, and moist, shiny, tightly adhering scales.

TASTY TIP

Avoid overcooking. Tuna is done when its flesh becomes opaque but is still moist.

STORE IT SAFELY

Remove packaging, rinse fish under cold water, and pat dry. Refrigerate covered with crushed ice and cling wrap for up to two days.

QUICK & EASY RECIPE

Brush tuna with olive oil, season with salt and pepper, and wrap in foil to bake.

POWER FOOD

Tuna is an excellent source of selenium, niacin, and vitamin B12.

healthy dinner done in 15 minutes

TWINLAB®

VPX

prosupps

MAGNUM NUTRACEUTICALS INC

MUSCLEPHARM

ALLMAX NUTRITION

Tons of the top supplement samples shipped to you each month!

($75 Value)

www.TheBUFFbox.com

"My BUFF BOX is here! I'm ready to **GROW!**"

Helping to support the FIT2SURVIVE FOUNDATION

FIT2SURVIVE FOUNDATION

FACTS:

- There are nearly 2 million people living with limb loss in the U.S.
- Approximately 185,000 amputations occur in the U.S. each year.
- Among those living with limb loss, the main causes are vascular disease.
- Of persons with diabetes who have lower extremity amputation, up to 55% will require amputation of the second leg within 2-3 years.

fit2survive.org

OUR VISION.

To ensure all individuals who have lost limbs as a result of illness or trauma can live healthy, active and fulfilling lives.

OUR MISSION.

Support and empower individuals to reach their fitness and athletic goals by providing education, assistance and equipment.

Your Workout Sucked!

Here are 6 Possible Reasons Why

By: Eric Broser

In order to manifest continuous progress in muscle size and strength we must make sure to not only hit the gym consistently, but to also "kill it" at every workout! For many of us, this does not always occur. Sure, it is fine to have an off day every once in a while, but if it begins to happen too often, then it is time to take a closer look at why. I have been in this game for almost 30 years and have some experience with this pesky little problem. So, without further ado, I present to my fellow gym rats **-- "Six Reasons Your Workout Sucked!"**

1. Your Sleep (Sucked)

Since the body does almost all of its resting, regenerating and recuperating while you snooze, if you are not sleeping for a solid 6-8 hours each night your workouts will definitely be negatively affected. Even one poor nights sleep can cause the following day's training session to be sub par.

2. Your Nutrition (Sucked)

If your food intake is inadequate, either in terms of overall calories and/or macronutrient profile there is no way you will perform optimally in the gym. The diet must be properly balanced in terms of not only proteins, carbs and fats, but also in what ratios they are consumed leading up to the workout. Too little carbs or fats before training will most certainly lead to early exhaustion.

3. Your Concentration (Sucked)

Be honest with yourself. Were you focused on the task at hand while in the gym? Or, were you sending and answering texts, surfing the Internet or keeping a closer eye on your phone than your form? Were you watching yourself in the mirror or the hot chick doing stiff leg deadlifts? If you do "put your mind into your muscles," and keep it there, then a maximum pump will be sure to evade you.

4. Your Program (Sucks)

What I mean by this is that every time you go to the gym you use the same exercise, reps and sets over and over. This can definitely cause your workout to suck because both your mind and muscles are literally "bored." Stop being lazy and challenge yourself with new and dynamic workouts every week, which will assure that every session is a new adventure! This will keep you "on your game" both mentally and physically so that "going through the motions" is a thing of the past!

5. Your Supplementation (Sucks)

While 30 years ago most supplements were little more than "snake oil," today we have so many effective compounds readily available to us via health food stores and the Internet. Creatine, beta-alanine, BCAA's, advanced herbs, engineered carbohydrates, caffeine, etc., can all contribute to "balls to the wall" training sessions. Failing to take advantage of what science is now offering us is a vital mistake if you truly wish to push your performance (and muscle growth) to the next level. If your diet is on point, the next step is an intelligent approach to nutritional supplementation to maximize your time in the gym.

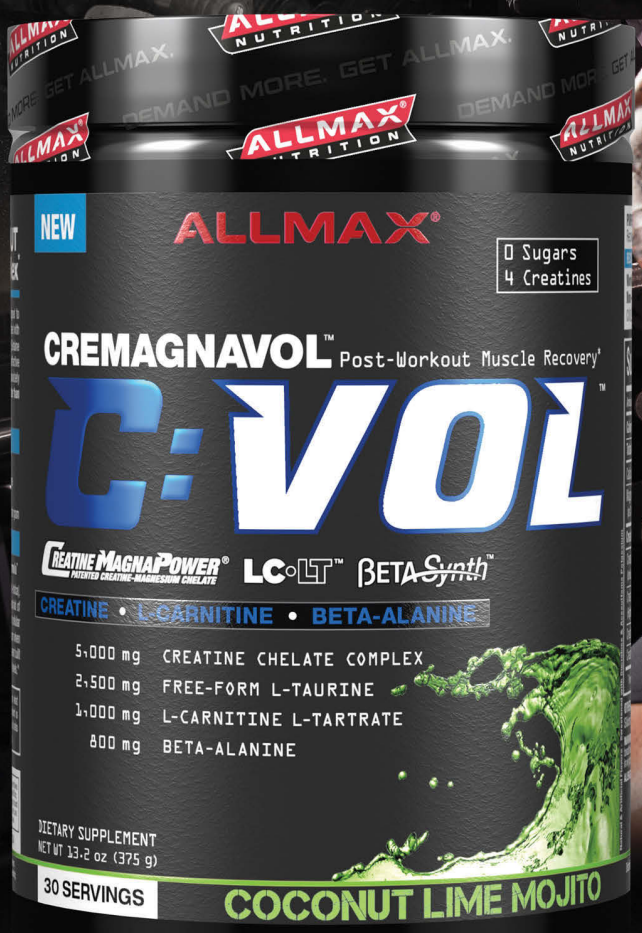
6. Your Lack of Goals (Sucks)

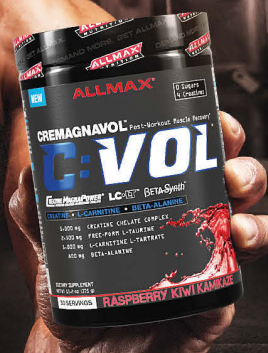
One thing I have learned as a coach/trainer in this industry is that my clients perform far better if I help them develop both short and long term goals. It is human nature to need something to strive for to become properly motivated day in and day out. Going to the gym with absolutely no concrete reason for being there can lead to a workout that absolutely sucks. Get a goal before you get in the game!

With this kind of INTENSITY You NEED this kind of RECOVERY!

NEW!

IFBB PRO TEAM ALLMAX SEAN SAPERA IFBB PHYSIQUE PRO





EXTREME POST-WORKOUT MUSCLE RECOVERY

One Rule: Get better – every, damn day. If you're not dragging your ass out of the gym like you got beat down, then you aren't working hard enough! Come back stronger. Rebuild your broken and battered muscles… bigger, better, stronger. Recovery is everything. If you don't have it, then you're not getting gains. CVOL is extreme post-workout muscle recovery on every level. Get CVOL #getgains.

CREMAGNAVOL is Formulated with:

CREATINE MAGNAPOWER® PATENTED CREATINE-MAGNESIUM CHELATE	A 100% Fully Reacted, physically bound Creatine and Magnesium Chelate. Magnesium itself is a critical element that is required to drive Creatine into ATP (muscle cell energy fuel).
BETA-Synth™	With increased levels of carnosine, muscular strength increases, muscular fatigue is reduced and total amount of work can be increased. Beta-Alanine is clinically proven to increases peak performance & recovery.
LC·LT™	L-Carnitine L-Tartrate (LCLT) acts as a "shield" for your muscles during workouts. It has shown to protect not only the muscle, but the hormone receptors on the muscle cells.

STACK C:VOL WITH H:VOL FOR THE BEST RESULTS!

Join the Conversation

#GETGAINS

PRE POST

ALLMAX®

www.ALLMAXNUTRITION.com

FASTED CARDIO

pros, cons and myths.

Justin Hassan IFBB Men's Physique Pro
Photos by: Alex Gonzalez

Fasted cardio is the act of doing your cardio first thing in the morning upon waking on an empty stomach. The idea is that since your body is running on empty it is forced to take from its reserve energy sources. Here lies the highly debatable part. Some think fasted cardio will take from the hard to reach fat stores your body has, where others think that it sends your body into a catabolic state. This means your body will break down your own muscle, denature the protein and use it for energy. There is no solid scientific evidence that shows that fasted cardio works better than regular cardio especially since many of the people that do fasted cardio (bodybuilders,physique athletes) are on performance enhancing drugs that help them preserve their muscle anyway. Fasted cardio wouldn't make sense for endurance or performance athletes like sprinters or marathon runners since they need all the food converted into glycogen for energy that they can get so they can perform.

If something works for you, then continue to do it because everyone's body reacts differently to things. For me personally, fasted cardio works but under certain parameters. I don't do fasted cardio until 4 weeks out of a show and I never do fasted cardio back to back. I also drink bcaas right before I do it because I am looking to keep all the muscle on my frame that I can. I also don't do fasted cardio for more than 45 min. This is what has worked for me and I'm going to stick to it. As for everyone else fasted cardio can be a good tool in your fat burning arsenal.

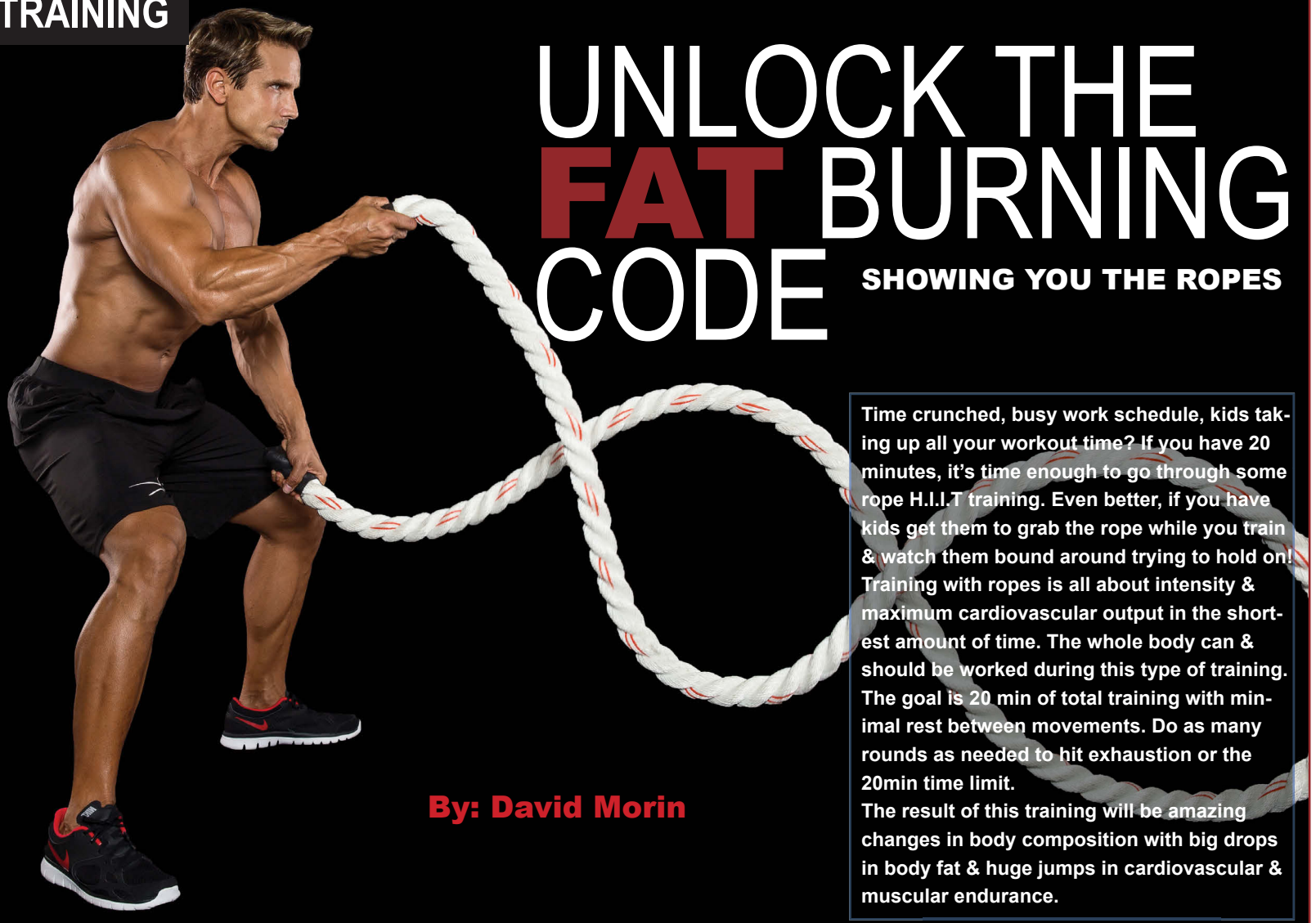
My best advice is to try it out a couple of times and see how you feel and if you like it and it looks like it's working, then use it. If your happy with where you're at physically and happy with your routine, fasted cardio may be a good switch up to help you burn that last bit of fat that you were trying to burn off in those problem areas.

In conclusion, fasted cardio is very controversial and may only work for some, so if you are considering doing fasted cardio first understand how the body works and take steps to prevent muscle break down. The last thing you want even as a woman is to lose muscle. The less muscle you have the slower your metabolic rate will be, meaning you won't burn calories as fast as you used to. Fasted cardio will only be effective if you're on a healthy diet. If you're eating pizza and sugary foods all the time, then there's simply going to be too much stored fat for you to see a difference. So eat healthy, lift to gain lean muscle mass, which helps increase your metabolism, and do your cardio whether fasted or not. Those 3 steps will help you maintain a better overall body that you will happy about, it's up to you to see if fasted cardio works well for you or not.

Fasted cardio will only be effective if you're on a healthy diet. If you're eating pizza and sugary foods all the time, then there's simply going to be too much stored fat for you to see a difference.

UNLOCK THE FAT BURNING CODE

SHOWING YOU THE ROPES



By: David Morin

Time crunched, busy work schedule, kids taking up all your workout time? If you have 20 minutes, it's time enough to go through some rope H.I.I.T training. Even better, if you have kids get them to grab the rope while you train & watch them bound around trying to hold on! Training with ropes is all about intensity & maximum cardiovascular output in the shortest amount of time. The whole body can & should be worked during this type of training. The goal is 20 min of total training with minimal rest between movements. Do as many rounds as needed to hit exhaustion or the 20min time limit.

The result of this training will be amazing changes in body composition with big drops in body fat & huge jumps in cardiovascular & muscular endurance.

I recommend hitting the ropes 3 times a week for my fat burning H.I.I.T training sessions. I also advise a sprint session on the in between days.

Finish strong with the explosive front delt raise, squat jumps. Really focus on opening the body up with this. If you really want a challenge add a burpee/plank element to this movement. This will really crank up your heart rate and get the sweaty satisfaction you need to feel accomplished.

Start with grabbing the ends of the ropes and rotate one at a time. Go around with the left 10 reps and with the left 10 reps to warm up your shoulders and arms.

Next up are the in & outs with the ropes held static with biceps & front deltoids engaged. Swing in and cross over, then swing back out working chest, back, arms & shoulders.

Fit over 50

PAUL ANTHONY

Twenty five Year Industry Veteran Paul Anthony is the founder of MindGym and the DreamBody Online Program for Transformations, Lifestyle Change, Athletic Performance and Contest Based Training. Through his experience as an athlete and trainer, MindGym - mindset training (meditation, affirmations, visualization) - complements and primes his cutting edge compilation of fitness regimens.

Paul is a Pro World Champion Natural Bodybuilder and Winner of the WBFF Top Trainer in Canada award. Among 400+ trainers in Alberta, Paul is a 13 time Trainer of the Year.

PAUL'S MANY ACCOMPLISHMENTS INCLUDE (BUT ARE NOT LIMITED TO):

Winner: 2000 Western Canadian Championships
Middleweight & Best Overall Body Builder
Winner: 2001 Professional Card Light Heavyweight
Winner: 2003 World Natural BodyBuilding Championship
(Becomes first EVER Canadian to win this title - New York City)
Receives PERFECT score and Best Overall Competitor - Men/Women
Winner: Obsidian Award - Trainer of the Year 2014

Although Paul boasts numerous titles and accolades, his greatest achievements of all are the transformations he engineers in the gym. This includes helping over 100 novice athletes earn their PRO fitness cards! Paul's larger than life persona, his empathetic demeanour, and his encyclopaedic knowledge of health and fitness all reinforce his 25+ year reputation as a key opinion leader in the industry. Paul's differentiating edge is his unparalleled commitment to enhancing the well-being of others. Paul's insatiable drive to deliver his philosophies on a grand scale has manifested in the form of the DreamBody Challenge. The DreamBody program was developed for people dedicated to achieving and surpassing their goals and dreams. Paul's DreamBody program has helped thousands of people achieve extraordinary results and get in the best shape of their lives, both physically and mentally. (www.dreambodyonline.com)

Paul is the Executive Director and Co-founder of the highly anticipation JaLP Community, a social network focusing on nutrition, training and lifestyle transformation through cutting edge journaling, gamification and online training tools. The JaLP online platform and transformation event will be launch in late 2015.

EXTREME PRE-WORKOUT

- LIMITLESS GAINS
- LIMITLESS INTENSITY
- LIMITLESS MUSCLE
- LIMITLESS REPS
- LIMITLESS POWER

HANDLE WITH CARE

MAGNUM NUTRACEUTICALS

BETTER INGREDIENTS, BETTER RESULTS.

HARDMAGNUM.COM | TF 1.888.6.MAGNUM | FACEBOOK.COM/HARDMAGNUM

BUILD MUSCLE and BURN FAT SIMULTANEOUSLY

There is one question that has not been addressed fully in the fitness industry; "Can you gain muscle and lose fat at the same time?" The initial standpoint of most gurus is that you must bulk up and then cut and that is it, no two ways about it. Period. I have personally witnessed a number of heated battles lately in online forums related to the subject The general consensus is that putting on muscle and losing fat simultaneously is a scientific impossibility.

The main argument against it is that we need excess calories to build muscle and we need to be in a caloric deficit to lose bodyfat. This makes complete sense! Muscle tissue cannot be made out of thin air and without a doubt, excess calories are needed to repair damaged muscle and make them grow. This is only a must around resistance training sessions, right? No lifting, no stimulus for growth, right? Exactly! So what am I talking about?

There is only a certain amount of damage and repair/growth that can happen as a result of a resistance training session. It is common knowledge that post workout and then the following morning are optimal times for recovery. This 24-36 hour period is the most important time for recovery and growth. After that, you may not be fully recovered but you will be nearly there. It almost seems nonsensical that caloric intake should remain the same as the day before at this time (provided you are not going to do another resistance training session. This is because we are inevitably going to consume excess calories. And it WILL spill over and be stored as fat!

Eating far too many calories and making sure we are gaining muscle will build muscle faster—and more optimally than gaining muscle and losing fat simultaneously. I agree with that. The problem being that after we put on that hard earned muscle, we then have to cut off the fat. So let's put this down on paper:

You bulk for 8 weeks reaching a hypothetical 20lbs of bodyweight. Suppose 10lbs of which is muscle. Then cut to lose the excess fat, losing fat and inevitably some muscle in the process. The hypothetical resultant net muscle gain will be 8lbs.

Now let's say we do an AM resistance training session on Monday and simply eat excess calories on that day and the following morning—covering us for recovery for approximately 24 to 36 hours after the training session. This is when protein synthesis and subsequent muscle synthesis is highest. We will put on muscle and it is like a micro-bulk.

That afternoon we rest. Now, what if I said you should drop to caloric maintenance levels now for the rest of the day and perform some metabolic work? Crazy right? Calories can be held at maintenance levels because little or no protein synthesis will occur at this time. Returning to maintenance levels will help to prevent excess fat storage as we have fully recovered from the session the previous day. Then, you perform metabolic work and in turn burn fat that evening. We are essentially cutting a mere 36 hours after we bulked yesterday.

These micro-cutting and micro-bulking phases are the secret behind simultaneous muscle gain and fat loss while always maintaining the goal of that current day in mind. There is no need to be mindlessly eating nonsensical amounts of calories when protein and subsequent muscle synthesis will have been halted. All we are doing is making ourselves fatter and heavier, not more muscular!

So, although the principle that you cannot build muscle and burn

Tips For 'Bulking' and 'Cutting' At The Same Time!

- Only eat in excess when and if you have been training HARD and feel you deserve the calories! Eating 2000 kcals after performing an isolation session for your biceps doesn't make sense! You aren't Popeye!

- Eat CLEAN calories! Gorging on cheeseburgers and fries is not bulking; it's called getting fat. There's a BIG difference! Have some respect for your body and eat healthy fats from nuts and seeds to bump up the calories, not a daily trip to Burger King or Mickey D's.

- If we aren't training with weights or we are recovering, have a big breakfast to stimulate recovery in the morning and then drop back to maintenance levels. The fun (muscle growth) is almost over you don't need the calories!

- Don't be afraid of metabolic work! I see guys who are bulking that are afraid to take the stairs in case they burn of muscle in the process.

So, not only are we eating excess calories and eating BAD calories on this bulking phase, but we are also neglecting your general fitness and health. Take the stairs!

Bryan Kavanagh, BSc, CSCS
Co-Author of 'Athletic Body System'
www.athleticbodysystem.com

more Is not better

BETTER IS BETTER

By:Skip Lacour
www.skiplacour.com

Many bodybuilders mistakenly believe that the more time and effort they put into their training during each workout, the better results they will experience. They pride themselves on pushing themselves through grueling, marathon workouts that are loaded with lots of exercises and sets. These determined individuals work each body part as many as three times a week with the hopes that this kind of superhuman effort will produce the massive results in a shorter period of time.

Most people who are committed to their training programs have the tendency to train too much. Their enthusiasm and desire to build their physiques makes them want to train as often as they possibly can.

Wrong. Wrong. Wrong.

Unfortunately, that is not how the muscle-building process works. This is somewhat of a difficult concept to grasp because it's not how most things work in life. Most of the time, the amount of effort you put into a particular endeavor directly correlates to your results. In other words, the more time and effort you invest, the better the results you'll get. However, this is not true when it comes to packing-on muscle and developing your physique.

There is an expression that says that one man's set is equal to another man's workout. Don't confuse training volume with training effectiveness. They are not the same. You may need to cut down the time you spend in the gym and reduce your training volume to experience the muscle gains you're after. You can do this by becoming more efficient in the gym.

Take Action and Do This NOW!

Your weight training sessions should last no longer than one hour. And you know what? I'm being extremely liberal with that amount of time. Regardless of how you try to rationalize it, longer training sessions are NOT more productive. You must force yourself to become just as effective in a shorter period of time by becoming more efficient. Stimulating the muscles can be done quite effectively in one hour or less. It is a fact that the more time you spend in the gym, the more your concentration and focus will wane. The more your mental focus and concentration diminish the less effective you will become physically.

Planning to do only two or three sets with only three or four exercises per body part creates that sense of urgency you need. Many lifters give themselves four and five sets of a particular exercise to get the job done. If you give yourself four or five chances to do anything, undoubtedly there will be less importance, less of a demand, or less of a sense of urgency to give as much effort as you really can during the first couple of sets. It is only human nature for us to think that way under those conditions. In order for us to perform at our highest level of performance, we must change those less-than-ideal mental conditions.

Anything less than 100 percent effort during a set is a wasted set. I can't tell you exactly how many sets you should use to train each of your body parts effectively—and neither can anyone else. It all depends on that ever-evolving, ever-changing, constantly re-defining level of intensity. However, you should just remember that more isn't better. Better is better.


TIP FOR BUSINESS SUCCESS
EXPAND ONLINE
- Entrepreneur Magazine
IN THE RACE FOR SUCCESS...
HE WHO HAS THE BEST WEBSITE WINS.
LONE STAR FULFILLMENT SERVICES
• FAST AND RELIABLE DROP SHIPPING
• PRODUCT DATA SYNCHRONIZATION
• ORDER PROCESSING AUTOMATION
• ROMPT SHIPMENT NOTIFICATIONS
• ACCESS TO $11 MILLION PRODUCT INVENTORY
• TURN-KEY SOLUTIONS WITH CUSTOM WEB DEVELOPMENT AND MORE...
Call or email today for pricing, information, and a live demo!
214-340-0704 or
sales@lsfulfillment.com
LONE STAR
SPORTS & NUTRITION DISTRIBUTION

DR Z'S CORNER

Mimi Zumwalt, MD
Sports Medicine Specialist

ACL TEARS

From Injury to beyond Surgery

Anterior cruciate ligament (ACL) injuries occur 2-8 times more in females than males, especially in sports involving pivoting and/or jumping, such as soccer and basketball. Different theories exist as to why female athletes are at increased risk for this type of knee trauma, including body habitus and landing/stopping suddenly, especially in the wrong position on one leg. Once the ACL is torn, it takes anywhere from a few to several months before an athlete is able to engage in any type of sporting activity again, whether one undergoes surgery or not.

The ACL is one of four main static structures stabilizing the joint. It lies in the middle of the knee and functions to keep the tibia (leg bone), from slipping forward under the femur (thigh bone), when an athlete is decelerating from running/sprinting, or going down a hill or descending steps; also upon twisting or moving side to side. After rupture of the ACL, more load is imparted onto other soft tissue restraints, causing increased risk of damage to the meniscus (cartilage cushion between the femur/tibia), or cartilage cap surrounding the ends of these two bones, predisposing to early knee arthritis.

Initially after an ACL tear, it's very important to protect the knee from further harm, minimize swelling/inflammation, and maximize range of motion (ROM)/muscle strength. One needs to seek out a sports/orthopaedic surgeon to guide in appropriate treatment. Bracing and physical therapy will be prescribed, the former to help with knee stability and the latter to keep the limb from becoming more weak/stiff. This rehabilitation (rehab) program is continued for about 6-8 weeks, to aid in return of function for activities of daily living (ADL's). Beware of wearing the brace too much, however, since this will cause more muscle atrophy/deconditioning. Once ROM & muscle strength have returned, a decision needs to be made about surgical reconstruction.

Whether to continue conservative management of proceed with operative treatment, is dependent on a few variables. One needs to look at activity level, such as recreational endeavors, vocational physical requirements, and competitive athletics. Age is also an important factor to consider. Patients younger than 15 still have open growth plates which could be damaged by surgery, and those older than 50 usually already have arthritis, which would be made worse with a surgical procedure. One needs to realize that over 50% of people who sustained ACL injuries unfortunately, will experience early knee arthritis within 5-10 years, whether surgery is performed or not. The risk is even higher if cartilage &/or meniscus are also injured. If a bone bruise occurs as well, then knee pain could continue for longer (several weeks or months), especially once an athlete resumes impact activity.

Another factor contributing to the ultimate surgical decision is whether or not one wants to return to a certain sport or work activity. The ACL, once torn, cannot heal on its own nor be surgically repaired. Scar tissue will form and the knee will continue to be unstable, unless intensive physical therapy rehab exercises are performed daily, to strengthen surrounding musculature to support the knee joint, which will take at least 3-6 months. If surgery is performed, the surgeon has to "harvest" tissue from another part of the knee, or use a donor cadaveric graft to reconstruct or replace (make) a new ACL. After surgical ACL reconstruction, a big, long hinged knee brace will be used for a couple of months. This will protect the joint during the early healing period. Physical therapy will again be prescribed, 3-5 times a week for ROM and strengthening. At first, aquatic or water rehab exercises will be instituted, since this is safer on joints rather than land therapy. The post-operative bracing is then switched out for a lighter, shorter fiberglass type brace that will be worn for several more months. This "sports", or functional brace, needs to be used during any type of athletic activity for several months, to protect the knee with pivoting or side-to-side maneuvers, even after the ACL graft is fully healed and all muscles have returned to their pre-injury level.

After 8-10 months, a "functional" exercise test is usually performed by a licensed physical therapist, to determine whether or not the operated lower extremity is strong, agile and powerful enough (compared to the opposite side) to withstand athletics/sporting activities. After initial healing, it takes up to a year or more for the ACL graft to take on normal knee tissue properties, a process called remodeling. Proprioception, or sense of where the knee is in space, is the last to return, along with psychological fear of reinjury. The best prevention of repeat trauma to the same knee is to rehab hamstrings, since this muscle group is protective against ACL tears. One also needs to perform balance exercises on one leg, to regain proprioceptive or positional stability. If the sport involves jumping &/or running, techniques of landing/stopping will also need to be practiced to tolerate rotational forces.

In summary, whether surgery is performed or not, an ACL tear is a devastating knee injury which takes a few to several months to recover. The mainstay of treatment for ACL injuries is intermittent bracing, along with physical therapy rehab exercises (aquatic and land) to regain ROM and strength (especially of the hamstrings). Focus on single leg balancing work along with landing/stopping techniques will also benefit the joint for successful healing/recovery. The ultimate goal is to prepare the knee for functional return to preinjury level/status, allowing resumption of previous level of play in competitive athletics!

TESTIMONIAL

"NOT ONLY IS ALEX MY VICE PRESIDENT OF CREATIVE HERE AT PROSUPPS, BUT HE IS ONE OF THE BEST PHOTOGRAPHERS I HAVE EVER HAD THE PLEASURE OF WORKING WITH. HAVING SHOT WITH OVER 40 PHOTOGRAPHERS FOR MUSCLE AND FITNESS, STATUS FITNESS, IRON MAN AND FEATURED ON OVER 7 MAGAZINE COVERS, I HAVE WORKED WITH SOME OF THE BEST PHOTOGRAPHERS IN THE INDUSTRY. ALEX'S VISION AND TALENT IS ONE OF A KIND, AND UNLIKE SOME PHOTOGRAPHERS, HE IS EXTREMELY EFFICIENT AND CREATIVE. THANKS AG FOR ANOTHER JOB WELL-DONE!"

-TJ HUMPHREYS
FOLLOW: CEO_PROSUPPS

PHOTOS BY

ALEXG

FOLLOW US ON INSTAGRAM, FACEBOOK AND TWITTER.

@PHOTOSBYALEXG

welcome to MY WORLD

I am becoming more and more cognizant of the importance of family traditions, values, and this heritage being passed on, not only to the next generation, but also to the one beyond them. I applaud Yolanda Dixon and her husband for recognizing perfection is not the standard; but rather "being real" and "doing their best" to instill compassion, integrity, honesty, and love to the next generation. From my perspective as a father and grandfather, I applaud this Dixon tradition and I consider is an an honor and privilege to tell you their story. Please read her story carefully and mark the words of wisdom!

Incidentally, KUDOS for the addition of a Mother/Daughter Duo category to Fitness Universe's menu.

Well DONE, my friend, Lou Zwick... always on the cutting edge!

My Name is Coach A, Welcome to MY WORLD

To contact Coach A
ateamx@patriot.net
www.jwathertonimages.com

WHERE WERE YOU BORN?
San Francisco, California

WHAT DO YOU CONSIDER THE GREATEST LESSON LEARNED?
I used to stay silent because I did not want to cause any waves, but I have learned that sometimes the effect of staying silent is far worsethan the waves caused by speaking up. In the past, I confused theidea of silence with the absence of conflict. However, I am proud to say that I have found my voice. I know who I am and what I want out of life, and I am not afraid to speak up. In fact you might have aproblem getting me to be quiet now…

WHAT DO YOU CONSIDER YOUR GREATEST TRIUMPH(S)?
My three greatest triumphs are my three children. To me, my most important job is to raise them to the best of my ability. I put everything I have into them. I may not be a perfect mom but when I look at my children and see the wonderful young people they are becoming I know that I am doing something right.

COMPETITION AWARDS AND ATHLETIC ACHIEVEMENTS?
2014 Fitness America - 4th place classic division
2011 Fitness Universe – 1st place classic division
2011 Triple A Fitness Model- 1st place
2011 Triple A Fitness Mom/Daughter Duo- 1st place
2004 Bikini Universe- 1st place short division

WHERE DO YOU LIVE AND WHAT DO YOU DO FOR A LIVING?
I live in San Carlos, California, and my husband and I own a plumbing business.

IS THERE ANYONE YOU WANT TO THANK?
I would like to thank Cathy Savage for her support and wisdom throughout the years. My family for all their love and support.

LAST MEAL? Chilean Sea Bass
LAST CHEAT FOOD? Pizza

WHAT IS ONE THING THAT YOU WOULD LIKE TO IMPROVE ABOUT YOURSELF?
To stop procrastinating.

LEAST FAVORITE BODY PART?
Shoulders- I want them to grow!

HOW HAVE YOU CONTRIBUTED TO THE FITNESS INDUSTRY?
I have helped promote the sport by focusing on the next generation of fitness competitors. This is important to me because childhood obesity continues to rise. I believe that it is important that a child finds something that he/she is passionate about to instill lifelong healthy habits. My two daughters and niece competed in the junior fitness category at the Fitness America National Championships. I think fitness is a great sport to pass on to the younger generation because it is sport that is based on pushing beyond our own personal limitations. It's about pushing ourselves to be the very best.

HOW/WHY DID YOU BECOME INVOLVED IN FITNESS?
I first became involved in fitness after having my first child. I was looking for some extra motivation to get back into shape. After my first competition, I fell in love with the sport; and have competed on and off throughout the years.

WHAT IS YOUR FAVORITE ANIMAL? Dogs

WHAT ARE YOU DOING THAT MAKES YOU THE HAPPIEST?
I am happiest when I am home with my children. We could be reading,doing homework, or just watching a movie. There are times when we will all be laughing at something, and I will just look at them and my heart is completely full.

WHO DO YOU ADMIRE THE MOST?

The people I admire the most are those who beat the odds to make their dreams come true. The people who fight for what they want out of life.

MALE: My dad. He showed me how to be an incredible parent. My dad is a kid at heart. He was never too busy to play with me. I have so many incredible childhood memories hanging out with my dad. I feel so blessed that my children get to experience "fun" days with Papa.

FEMALE: My mom. She has been a pillar of strength and stability for me throughout my life. She is a strong woman full of integrity, love and compassion. She showed me how to stay true to your morals and beliefs in this ever-changing world.
**I feel thankful that the two people I admire the most are my parents.This just reminds me how blessed I am to have my family.

WHAT DID YOU THINK OF YOUR FIRST COMPETITION?

I jumped into my first competition without knowing much about the fitness scene. I remember going to the 2001 Fitness America Championships and being overwhelmed by the competition. There were over 100 competitors. I did not even know about tanning, but I was still excited to get on stage in my pale skin. (Ha!) I placed 50 something at that show. After that show, I was hooked. I was determined to make it into the elusive top twenty. I worked my tail off and made top twenty the next year. That was an incredible feeling!

WHEN YOU ARE "IN THE PITS" AND THE "GOING GETS TOUGH," WHAT OR WHO GET YOU THROUGH?

My children. I am constantly telling them to go after their dreams. I firmly believe that the best way to teach a child is by example. I know that they are always watching what I do. Therefore, when the going gets tough, I share that with my children and then proceed to show them how to persevere despite the obstacles.

WHAT ATHLETE DO YOU WANT TO EMULATE?

My seven year old son. He started football this year, and his dedication is amazing. He constantly wanted to practice and improve his skills. He brought 100% to every practice and game. He committed to eating healthier because he wanted to be his best. I did not push this on my son - this was all him. I was truly inspired by his dedication and work ethic.

WHAT TRAITS DO YOU VALUE THE MOST?

Dedication, integrity and compassion.

WHAT DO YOU SEE THAT IS GOOD IN FITNESS TODAY?

Before there used to be a huge difference between how fitness competitors looked off-season and on-season. Now, social media means that your image is on display throughout the year. Thus, it has became more important to maintain a fit physique throughout the year. This has actually helped lead the fitness industry to emphasize balance over extreme measures, which I think is very important. Extreme and fad diets do not work because we are unable to sustain that type of lifestyle for the long haul. It is important to find a healthy lifestyle that we can maintain throughout the year.

WHAT NEEDS TO CHANGE IN FITNESS TODAY?

I think the sport needs to establish and implement judging standards. The judging today is very subjective sport

COACH A?

He was incredible to work with. My daughters and I felt comfortable with him from the get-go. My younger daughter really lit up behind the camera and was so excited with her modeling experience. We were all excited when we saw the final images.

WHAT IS YOUR PASSION: WHAT MAKES YOU TICK?

Dancing and performing. I love being on stage and performing in front of an audience.

FAVORITE:

BODY PART: Abs
BOOK: Bible
MOVIE: Grease (Yes, I can sing all the songs by heart!)
CHEAT FOOD: Chips and Salsa
TELEVISION PROGRAM: Breaking Bad
ACTOR: Tom Hanks
ACTRESS: Sandra Bullock
WORK OUT: Dance
QUOTE: We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. Maya Angelou

SUM UP YOUR PHILOSOPHY OF FITNESS IN ONE SENTENCE?

Fitness is truly a fountain of health and youth.

WHAT DON'T THE READERS KNOW ABOUT YOU?

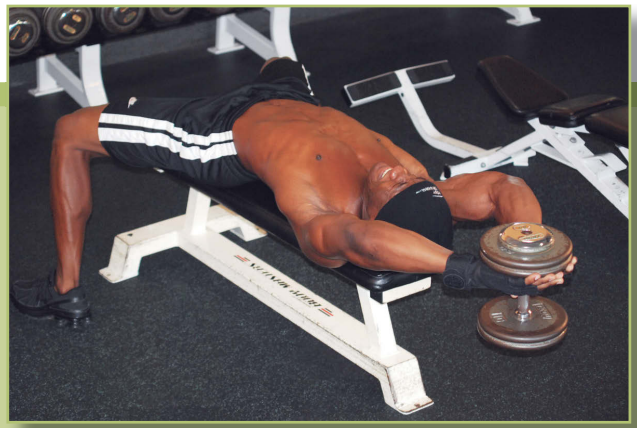
I am a big introvert and am not a fan of big social scenes.

HOW DO YOU WANT TO BE REMEMBERED?

I have always tried to be kind and encouraging to everyone I meet in the fitness industry. I remember how nervous I was at my first big show, and I want to make sure that I always do my part to make others feel comfortable. I hope I am remembered as being kind and compassionate.

Yolanda Dixon

PHIL'S BACK



By: Phillip Antonio Photos by Danny Fittro

Pullovers

With upper back and shoulder blades resting on a bench (body parallel to the bench), with both hands gripping a dumbbell, elbows slightly bent, start with the weight directly above your chest, slowly move weight back to behind your head, and while squeezing your lat muscles bring the weight slowly back to start position above your chest. Repeat.

On-the-Ball Cable Rows:

While seated on the ball, feet flat on the floor, hold a handle in each hand. Extend the arms straight in front of you, cables parallel with the floor, stretching out the lats and then rowing with your back muscles ending in position with shoulders back, chest up and back slightly arched. Your hands will end in position just under you chest.

• 6'0 •198lbs • Certified fitness trainer • Pro fitness model • Boot camp owner and instructor

Philosophy: To succeed in being fit, a person must not only be self motivated but be willing to work hard at any cost to achieve the goals they have for themselves.
Phil's goals: To touch as many people's lives as possible through my training not only as their trainer but as their lifetime friend.

ATTACK

A strong back is the cornerstone to any bodybuilding program. Your back muscles are involved in just about every activity you do each day, so it is important that they're strong enough to handle all that work. Choose a mixture of different exercises to target your back from a variety of directions and make sure you vary your routine every 4-6 weeks to avoid plateaus. Check out these best back exercises to build wide lats and a strong back. The thickness and muscularity you attain will speak for itself.

High Cable One-Arm Lat Pulldown

Kneel on the floor facing the cable machine, one hand holding high cable handle with arm and lat stretched out above your head in start position.

Using lat muscle, pull the weight downward with your elbow, ending with arm in an L-position beside you. This will also work the obliques.

In a controlled movement, extend the arm back above your head to start position with the lat stretched out.

Repeat this motion same speed up and down, controlling the lat muscle at all times.

Single Arm Dumbbell Row:

Place same knee and same hand on bench, opposite leg will be beside bench with foot flat on the floor. Make sure back is straight with your head up. With dumbbell in opposite hand, reach down towards the floor while flexing your lats. Begin to pull your elbow towards the ceiling with controlled movement. Continue with dumbbell until it reaches your obliques which places your elbow slightly above your back. Flex your lats at height of movement. Once you have reached this position slowly return the weight to starting position. Continue with 10 to 15 reps for 3 sets.

SATURDAY NIGHT FISH

Salmon Tartar

* Use only the freshest possible salmon for this dish from a reliable source. Do not hesitate to tell the fish man that you are preparing a tartar.

Yield: 6 Servings

Ingredients

1 lb Fresh salmon fillet; all -skin and bones removed
4 tbs Olive oil
2 ts Grated ginger
2 tbs Chopped chives
1/2 ts Sea salt
1/2 ts Freshly-grated white pepper
2 c Finely-diced, seeded but not peeled cucumber
Fresh herb garnish, fresh lemon & lime preferred

For easier slicing, put the salmon in the freezer for 15 to 20 minutes. Cut the salmon into three evenly thick pieces (horizontally), then into thin stripes and lastly into small cubes. The more attention you pay to this step, the nicer the tartare will look in the end. Put into a larger bowl.

Instructions

Use only the freshest possible salmon for this dish from a reliable source.
This may not be done ahead of time since its flavor, freshness and presentation rely on last-minute preparation and assembly. Cut the salmon fillet by hand, using a very sharp knife, into an even dice 1/4-inch thick. Mix the fish in a bowl with the olive oil, ginger, chives, salt and pepper and let marinate for a few minutes. Mix the diced cucumber with the sesame oil in a bowl and season lightly with salt and pepper. Use a pastry ring to create a layered look for the final presentation of the tartar. Place the ring in the center of the plate and fill the lower portion of the ring with cucumber salad. Smooth the layer evenly and add a layer of salmon tartar on top of the cucumber. Top the salmon with some fresh herb leaves and serve immediately. Garnish with chopped chives and finely-chopped zest of lemon and lime. This recipe yields 6 appetizer servings.
Recipe Source: MICHAELÂ'S PLACE with Michael Lomonaco From the TV FOOD NETWORK

BUILD WHILE YOU SLEEP

BUILD MUSCLE WHILE YOU SLEEP? IT'S NOT A DREAM.
MAGNUM G-SPRING HELPS YOU LOSE FAT,
GROW MUSCLE AND RECOVER -
ALL WHILE YOU SLEEP.
WAKE UP TO A BETTER PHYSIQUE.

DEEP SLEEP

BURN FAT

BUILD LEAN MUSCLE

ENHANCE RECOVERY

follow us on: 1.888.6.MAGNUM WWW.HARDMAGNUM.COM

MAGNUM NUTRACEUTICALS

BETTER INGREDIENTS, BETTER RESULTS.®

BODYBUILDING.com · POPEYES SUPPLEMENTS LOWEST PRICES · TotalNutrition · FUEL Supplements. Vitamins. Nutrition. · supplementscanada.com · SVNCanada.com

FOOD

Stay Healthy fitness tips

Darla Leal, LCPT
STAYHEALTHYFITNESS.COM

Cheat Smart and Still Stay in Shape

All of us want to enjoy the comfort food in life from time to time and I am not immune. The thing with cheat meals is to be smart to stay in shape. If you are following a 90/10 or 80/20 rule you should be on track to eating healthy allowing for some indulgence. This is called being human and having a healthy outlook. When healthy becomes restrictive and starts feeling like a burden, frustration can sometimes get the best of you. The 80/20 rule allows for eating right 80 percent of the time and allowing 20 percent for those "treats" that come along during the week. Some may adhere to the more rigid 90/10 rule but whatever works to provide a happy healthy food balance is what is important. I have put together some "cheat meal" tips to convert a few of the top comfort foods into healthier versions.

1. Pizza

Who doesn't enjoy the smell and flavors of pizza and making it healthier is an easy fix. First, ditch the restaurants and make one at home. Whole wheat pizza crusts ready to stretch and top are available at the grocery store. Use roasted tomatoes as your base and top with lean protein like Canadian bacon and finish off with your favorite veggie toppings. Try mango for a sweet and savory twist. Grilling your pizza pie outdoors makes it a fun experience without all the mess in the kitchen.

2. Pasta

Another coveted comfort food is pasta of any shape and making it healthy and tasty is easily done by changing up the noodles. Stay away from white enriched products, and think brown or vegetable. There are fabulous organic quinoa, edamame, brown rice, and whole wheat pastas that will fill the healthy bill. Avoid the creamy sauces and make your own tomato base sauce or jarred organic low sodium marinara. Serve with a side of lean protein or on its own for a tasty cheat meal that will have you coming back for more.

3. Pancakes

Waking up to hot cakes on the griddle on a Sunday morning is a memory I will always cherish. The fluffy goodness with a hint of maple melting in your mouth is nothing but heavenly. This coveted comfort food can be modified to healthy by eliminating all white processed flours and subbing in whole wheat, buckwheat or even oat flour. There are also great organic wholegrain pancake mixes on the market now that are fabulous and satisfy the easy of healthy cooking. Toss in some blueberries and walnuts for added antioxidants and healthy fats. Enjoy with some organic maple syrup.

It Works!®
INDEPENDENT DISTRIBUTOR

www.thesecretforyou.com
ASK ME HOW TO BECOME A DISTRIBUTOR

Contact
Carolina Gonzalez
954.263.5002

MAKE THE MONEY YOU DESERVE

& WORK THE HOURS YOU WANT

dream BIG!

James Patrick Photo

BACK TO SCHOOL
BACK TO YOUR BODY

It's that time of year again when relaxation comes to a screaming halt and reality sets back in.
SEPTEMBER is here.

The kids are back to school, everyone is finishing their holidays and your life is being put back into routine.

Along with January 1st, September is one of the biggest rushes in the fitness world. Gyms get busy again, trainers' schedules begin to fill up again, and people are "back on their diet" now that all the summer fun is over.

This happens every year, and I see it first hand as a trainer.

Summer rolls in and I begin to hear the same explanations about the upcoming summer fitness plans.

"I will be working out in the park".

"I'll be outside a lot with the family, so I'll just get my workout in with them".

"Summer's busy with holidays and kids' program so I'll just start up again in September".

If you currently do not workout in a park, you will likely not begin to workout in a park. You've got the best intentions, I know, and there's a park really close to your house so it's convenient... I've watched it happen summer after summer, You will not workout in the park. You will do a couple mini park workouts, maybe with a girlfriend once or twice. Maybe you take the kids on a walk to the park and you get them playing on benches with you for a mini 10 minute workout, but a full fledged effective workout won't be happening on these family outings.

And yes you are right, summer can be very busy with extracurriculars, but guess what, so is the rest of the year.

Busy often equates to meals on the go or even worse, no meals at all.

Stepping out of routine can wreck havoc on your fitness progress and I highly recommend NOT leaving your routine just because summer is here. Keep your training and nutrition routine AS CLOSE to normal as you can and Fall won't feel so bad when it does show up.

Now, however it's time to get back into routine and you are finding yourself exhausted and feeling like you haven't worked out in what feels like a year. What can you do to ease the pain?

- Begin with shorter H.I.I.T workouts (high intensity bursts of output with shorter bouts of recovery)

These workouts take a bit of energy, are typically done in no more than 30 minutes and leave you with a fat burning window of up to 48 hours!! Who doesn't love that?

- Join a fitness group, class or hire a trainer. It's always harder to slack off when others are depending on you. Look at what your gym is offering in terms of group classes or perhaps one of the great trainers are offering a fall promo.

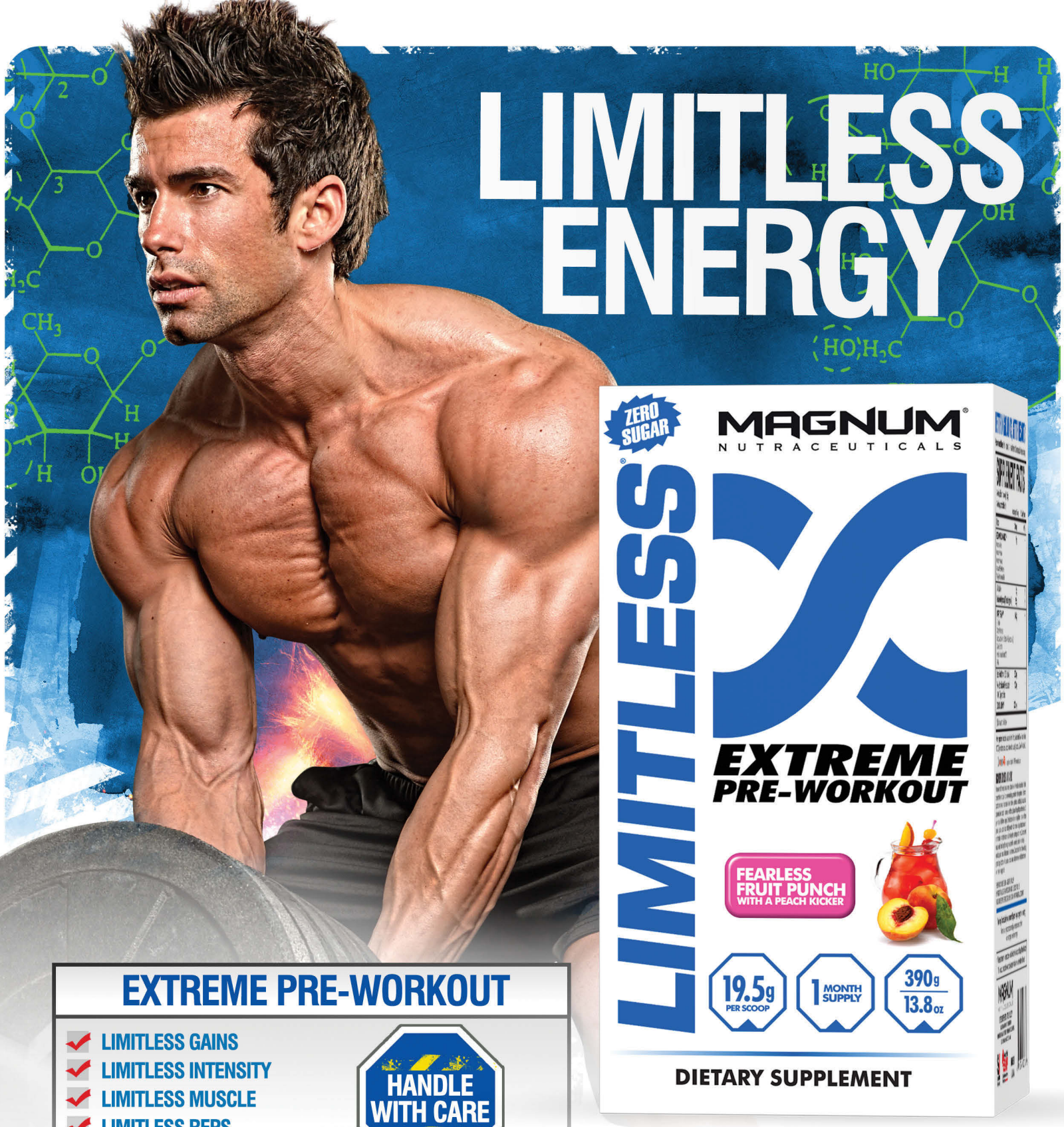
- Buy yourself a new workout outfit!

Who doesn't feel like a million bucks in a fun new outfit.

My favorite for fun and flattering tops and bottoms are BUMBUMBACANA'S.

www.bumbumbacana.com

DISCOUNT CODE for 10% off your purchase : kylagagnon



EXTREME PRE-WORKOUT

- LIMITLESS GAINS
- LIMITLESS INTENSITY
- LIMITLESS MUSCLE
- LIMITLESS REPS
- LIMITLESS POWER

HANDLE WITH CARE

MAGNUM NUTRACEUTICALS

BETTER INGREDIENTS, BETTER RESULTS.

HARDMAGNUM.COM | TF 1.888.6.MAGNUM | FACEBOOK.COM/HARDMAGNUM

By: Thomas DeLauer

5 Ways That Our Dogs Make us Better People

Some view their pets as simple companions, quite literally as "pets." They feed them, they walk them, the may even scoop their poop now and again, but there is never that strong resonation that they are family. Others, however, view their pets as more than pets, they view them as true, life partners, in sickness, and in health, much like marriage, but with an unconditional love that cannot be replicated in human affection.

But there is more than just the companionship and affection. We may not always realize it, but our dogs guide us through some pretty emotional times and although we may not always recognize the direct help they are giving us, it is there. Here are five ways that our dogs make us better people in all aspects of life. After you read these five ways, go thank your dog for what he/she has done for you:

1 – THEY INCREASE OUR MOODS

Simply spending a few minutes with your pup dramatically improves your mood. It has actually been shown that there is an increase in dopamine and serotonin when spending time around dogs. We all know that the more time you spend in a good mood, the more that you accomplish and the better that you feel about yourself. Try spending at least a few minutes per day with some one on one time with your furry children, if you pay attention, you'll notice you walk away happier:

2 – DOGS ENCOURAGE A HEALTHY FITNESS ROUTINE

Your pup may not hit the weights with you, but he sure as heck wants to do some high intensity interval training with you! Think of your dog as your constant conscience, reminding you to get outside and run those wind sprints! If you're a responsible pet owner, you know the importance of daily exercise for your dog, but if you're a smart and responsible pet owner, you know that you can exercise with your dog and do fasted cardio at the same time!

3 – PROVIDE YOU WITH A SENSE OF SELF-WORTH

Although you don't want to predicate your entire self worth on the external feelings of others, we have to admit that being around beings (whether humans or dogs) that appreciate your love and compassion help you feel much better. Deep down, we all want to help others, whether furry or not. So when there is that unconditional love and gratitude that comes from a dog, it helps you feel worthy, even if it is for something as simple as pouring some food in his/her bowl! This is shown to increase confidence, and we all know the power of increased confidence!

4 – IMPROVE YOUR SOCIAL LIFE

I am going to use a personal example on this one. My father, sick with stage-4 cancer was held up in his home a lot of the time. Not having much energy to get out and enjoy life, we thought that giving him a furry companion to spend some time with him would help tremendously. And, it did! Within weeks, this dog got my dad out of the house and to the dog park and other public places where the simple social interaction alone made him feel worlds better. In fact, he is still fighting cancer with that dog to this day! Point being, our dogs help us to get out and socialize and build relationships built around our dogs. Unfortunately, as we get older, we realize that work gets the best of us, and we need a solid reason or a catalyst to get out and meet new people. This is it!

5 – THEY MAKE YOU LAUGH!

This is my favorite one, because all four of my dogs make my day every single day with their silly antics. You can't deny the laughter that some of the goofy expressions your dog makes doesn't make you feel ten times better. One thing that science has definitely proven is that laughter significantly increases serotonin and helps us feel better. In fact, laughing for just a couple of minutes per day, can drastically reduce cortisol levels in your body, which can actually then help you lose weight! Our pets can help us create the best environment you could possibly imagine, but it's up to you to allow it to change your life.

So embrace every moment with your dog. Just because they can't speak English doesn't mean that they can't communicate with us and know how to enrich our lives in more ways then one. Most importantly, our pets encourage us to live a healthy lifestyle, both physically and mentally, and for that we are forever indebted to them. Be the best possible person you can be, every day, but with the helping hand (or paw) of your pup!

DOG & CAT ALERT

Is Your Flea & Tick Treatment POISONING Your Pet?

Countless numbers of pets get sick every year from popular flea and tick remedies. Here's the simple secret to keeping your best friend healthy and happy...

"It's a horrifying thought. You and millions of other pet lovers may be putting your furry friends in danger...and don't even know it.

Pet expert Alisha Lee looks at the alarming research and shakes her head. "It's ironic. Our dogs and cats look to us to keep them safe and healthy. But in reality, we could be putting them in harm's way," she says.

"We all know how bad flea and tick bites can be. Once these horrible little creatures get the bite on your pet, it's a real nightmare."

DEADLY ITCHING AND SCRATCHING

"They start itching and scratching like crazy. Their skin becomes red and irritated and they begin gnawing furiously, trying to tear out patches of their own fur. And then it gets worse. The fleas and ticks begin multiplying. Before you know it, you have a flea and tick infestation in your home and now you're scratching and itching just as bad as your pet."

"You'd do anything to stop this vicious cycle so you run down to your local pet shop and get a collar or spray to kill the fleas and ticks."

THE BIG MISTAKE

It turns out that this could be the worst thing you can do. Most people just assume that these products are safe because they are sold in so many stores.

"But the sad fact is, there is very little testing on these products and almost no government regulation. What's worse, many of these products contain pesticides that are harmful to both you and your pet. If you don't believe me, just take a look at the fine print and the long list of health warnings on these products."

"Even if you apply the product as instructed, it can cause serious health consequences" cautions Alisha.

SHOCKER: VET MEDS ARE UNSAFE TOO

OK, so maybe you don't use over-the-counter products. Surely, the medication you get from your veterinarian is safe?

"**Wally's All Natural Flea & Tick Kit** contains only natural and organic ingredients, free from toxins that can harm your pet and your family. They're safe, effective, soothing, and leave your pet smelling great too," says Alisha Lee.

"Shockingly, the answer is a NO," warns Alisha. "It turns out these products also contain strong pesticides that will kill fleas and ticks. But the awful truth is, they too can poison your pet."

KIDS ARE VULNERABLE

What's more, kids, especially toddlers, are also vulnerable for two reasons. "First, their nervous systems are still developing so the toxic chemicals can do greater and more lasting damage."

"Second, children's normal behavior brings them in close contact with their pets, and, therefore, to the poison applied to them."

ALL NATURAL SOLUTION

So what can you do? Well, it turns out that Alisha is also General Manger of Wally's Natural, a company whose mission it is to manufacture safe, natural products that are effective.

That dedication is reflected in their all-new **Wally's All Natural Flea & Tick Kit**. It's comprised of three great organic and all-natural products that kill fleas and ticks not only on your pet, but also where they lay their eggs in and around your home such as your carpet, fabric and pet bedding.

All of the products are manufactured in a certified organic facility where Alisha and her team carefully oversee the production to ensure that each product is of the highest quality.

SAFE, SOOTHING AND ANIMAL CRUELTY-FREE

"What's more, all are specially formulated with a safe, soothing blend of natural ingredients like clove, cinnamon, cedar, that won't harm your pet, your family, or the environment."

"Plus, they've been proven to kill fleas and ticks by an independent lab and are animal cruelty-free (Leaping Bunny approved). No animal was harmed in the testing of these products so you can truly feel good about using them," says Alisha..

YOUR PET'S NEW BEST FRIEND

"Our *Pet Spray* contains certified organic ingredients that have been tested and proven to work. Plus it comes with a convenient and easy-to-use sprayer."

"Our *Flea & Tick Shampoo* keeps your pet clean and protected from fleas and ticks. It's certified organic, and sports a rich, thick lather that's soft and gentle on your furry friend, yet tough on those nasty bugs. And you won't believe the difference in your pet's skin and newly lustrous coat."

"And finally, there's our *Flea & Tick Carpet Powder* that gets deep into carpet fibers and pet bedding to break the flea and tick life cycle. It smells so good that we have customers that use it as a carpet deodorizer after the fleas and ticks are long gone."

HEALTHY PETS. DELIGHTED OWNERS

"I'm glad we. got rid of our fleas without putting my pets or my family at risk," says Scott H., Sacramento, CA.

"Since using your products, my dogs haven't had a flea or tick problem in over 2 months. I'm telling all my friends and family about your products," adds Matt. B, Beaverton, OR.

SPECIAL SAVINGS OFFER

For a limited time, readers of this newspaper are entitled to a special discount offer on the entire kit.

FREE BONUS GIFT TOO!

You'll also receive our exclusive *Organic Pet Ear Solution* as a FREE bonus gift. Using only USDA Certified Organic ingredients, these pre-moistened ear wipes contain an effective alcohol-free organic cleaner that gently wipes away dirt, wax, and odor.

AS SEEN IN LEADING PET MAGAZINES

Wally's All Natural Flea & Tick Kit has been seen in leading pet publications, *Dog Fancy* and *Cat Fancy*. But you can order it now and save!

Call Now, Toll-Free

1-800-316-7802

7:00 am – 7:30 pm EST
Monday – Friday ONLY
Use Promo Code: MAGAZINE

www.wallysnatural.com/offer

8 BIG DOG MYTHS debunked!

By Dr. Becker

There are a number of myths about big dogs that deserve to be debunked, for example, the one about "locking jaws" on certain breeds.

Another old wives tale about large and giant breeds is that they prefer to live outdoors, away from their human family.

If you're hesitant to bring a large dog home because of popular misconceptions about the differences between large and small dogs, it could be time to open your heart and let a big dog win you over.

8 Myths About Big Dogs

Myth: Big dogs are aggressive

Generally speaking, canine aggressiveness is much more about nurture than nature. Any dog can become aggressive in response to its environment. The reason many people assume large and giant breeds are more aggressive than smaller dogs is due strictly to their size. Compared to smaller breeds, large dogs are taller (especially when they stand up on hind legs), their mouths and teeth are bigger, their barks sound more serious, and their bodies appear more powerful.

The reason we hear more about aggressive large dogs is because they cause more harm when they bite, not because they bite more often than their smaller counterparts. It's similar to an airplane crash – it doesn't happen often, but it makes a good news story.

Myth: Some big dogs have "locking jaws"

Utter nonsense.

From Fido Friendly Magazine: "Based on dog anatomy, it's impossible. If an animal has a locking jaw, it's not a dog. Case closed."1

Myth: Big dogs belong outdoors

All dogs, regardless of size, should get outside to exercise, explore, socialize, and put all four paws in contact with the earth. And while it's true many large breeds seem to be more comfortable in nature than smaller dogs, it doesn't mean they should spend most or all of their time outside.

Dogs of all sizes and breeds are social animals who need to be physically close to their humans. Relegating any dog to the garage, backyard or barn away from his family is inhumane.

Myth: Big dogs make the best running partners

A dog's size has little to do with her ability to keep up with you on your morning runs. In fact, large and giant breeds are at much higher risk of certain orthopedic conditions -- for example, hip dysplasia – that prevent high-impact forms of exercise like running. Smaller dogs often make better runners because they weigh less and place less stress on their joints.

If you have your heart set on running with the big dogs, consider a natural like a Dalmatian or Greyhound, or a light, sleek, large mixed breed. Make sure your dog has a clean bill of health from your veterinarian before you take her out with you for a run.

Myth: Big dogs can't live in small spaces

Don't assume it's the square footage of your living space or your fenced-in backyard that makes the difference in your dog's quality of life.

It's not about how much space you have in your home or yard -- it's about how much heart-thumping exercise your dog gets each day, regardless of his size. Any dog, large or small, can be happy and healthy in any size home as long as his exercise needs are met.

Myth: Big dogs and kids don't mix

As long as your dog (large OR small) is obedience trained and well-socialized… and your kiddo has been taught the do's and don'ts of handling dogs… there's no reason the two can't get along famously. Most dogs recognize the difference between an adult and a child (which is why there are so many YouTube videos of giant breeds gently playing with toddlers).

It's important to supervise each interaction between child and dog in the beginning, until you're completely confident each knows how to behave with the other and they've formed a loving bond.

Myth: All big dogs make great guard dogs

The truth is, many large dogs are friendly love bugs with anyone and everyone, while many 5-pounders are downright ferocious when a stranger approaches. It's the size thing again – big dogs appear to many people to be the obvious choice to protect hearth and home.

Myth: Big dogs aren't cuddly

Whoever came up with this one doesn't know much about big dogs! Some dogs – small, large, and every size in between – are independent by nature, but generally speaking, big dogs are every bit as affectionate as lap dogs. I promise you that if you lay on the floor near your Golden Retriever, she'll be all over you in a heartbeat. If you invite your 80-pound mixed breed, your pit bull or your Newfoundland to warm up your bed, he'll be more than happy to oblige.

It's usually not for want of trying that your big dog lays at your feet instead of across your lap, so be sure to invite him for snuggles often.

Spirulina for Dogs

WHAT IS SPIRULINA?

Spirulina is microscopic algae blue-green algae that is grown in freshwater ponds or in salt water. It is a simple, plant-like organism that is harvested, then dried for use in vitamins, food, smoothies, dog treat recipes.. all kinds of uses!

Spirulina contains the highest concentration of nutrients known in any food, plant, grain or herb. With 65 to 71 percent complete protein, it is the highest protein food, with over 60% all digestible vegetable protein. It also holds the the highest concentration of beta carotene, vitamin B-12, iron and trace minerals and the rare essential fatty acid GLA. (gamma-linolenic acid).

Spirulina is considered one of the most complete foods on the planet thanks to it's array of vitamins and its naturallySpirulina02 occurring eight essential amino acids, chelated minerals, trace minerals and enzymes. It is one of the few plant sources of B12 (normally only found in animal products) and just 1 tsp of Spirulina would meet our RDA of B12! The maximum dose for our pups should be 1 to 2 tablespoons for a 45 lb (20 kg) dog. As with all supplements and new foods, introduce it to your dog slowly over time.

Thanks to a number of phytonutrients, Spirulina gives the immune system a natural boost while also reducing the risk of infection, cancer and autoimmune disease. It's natural carotenoid antioxidants promote cellular health and reduce the risk of cancer.

Research suggests that spirulina may help to:

- Strengthen the immune system
- Improve gastrointestinal health
- Aid in detoxification
- Reduce the rate of cancer
- Help allergies

IMMUNE SYSTEM SUPPORT

Studies have shown that Spirulina improves immune function and not only does it stimulate the immune system, it actually enhances the body's ability to generate new blood cells. Important parts of the immune system – bone marrow stem cells, macrophages, T-cells and natural killer cells, spleen and thymus glands – all show enhanced activity. Dogs with immune system imbalance often show signs of chronic fatigue and low energy. Supplementing small amounts of spirulina can help restore and stabilize the immune system, freeing up more metabolic energy for vitality, healing and assimilation of nutrients.

DIGESTIVE SUPPORT

Research studies show that Spirulina promotes digestion and bowel function. It suppresses bad bacteria like e-coli and Candida yeast and stimulates beneficial flora like lactobacillus and bifidobacteria. A healthy digestive environment is crucial to good health. Anyone with IBS, Crohn's or any other digestive issue will tell you the misery an upset tummy can bring.

DETOX AND CLEANSE

We subject our pets to an onslaught of toxic chemicals in our air, water, food and drugs. From the products we clean our homes with to the hidden "ingredients" in their food. Spirulina has a unique combination of phytonutrients that help cleanse the body of these toxins. Have I mentioned that this is a perfect supplement for not only our pups, but for us hoo-mans as well?

ALLERGY PROTECTION

Our bodies, and our dog's bodies, are constantly changing and adapting to our environments. Your pup may live a long time then one day wake up with allergies. Spirulina works to reduce the bodies response to the trigger and stop the inappropriate response by the immune system.

Live Your Best Life Now

What does your best life look like? What work would you be doing? What kind of relationships would you be in? What kind of spiritual practice makes you feel good? What role does physical activity and nutrition play in your life? Have you created a life you never have to take a vacation from?

I often get asked what I do for a living. Among other things I work as a holistic health coach to help others live their best life, or what I like to call a Super Level Life. The idea of creating an ideal life and never feeling like I had to escape from it was a foreign concept to me several years ago before attending the Institute for Integrative Nutrition. Based in New York, New York, IIN provides a professional training program for those who seek to better their lives using a holistic approach to life.

After leaving a high stressed corporate job, I found IIN at a time when I needed it most. I wanted to pursue my passion for health/ wellness and make a difference in the life of others. After personally losing my mother and grandmother to cancer at a young age, I decided to dedicate my life to leaving this world a better place and helping others get it together. For most, we look at life as different areas, for example we like to separate our job from our relationships, and from our overall health, but as I have been trained and have come to find out through my own experiences, everything is connected.

Holistic by nature means relating to or concerned with wholes or with complete systems than with the analysis of separate parts. Mind, Body, and Spirit is the approach with holistic practitioners. This new way of thinking was completely contrary to what I was brought up to believe and several paradigm shifts happened along the way. With an open mind, I slowly began studying the field and realized we must treat the entire person and not just one moving part. Things are crystal clear for me nowadays. As a Holistic Health Coach, I have studied all the major dietary theories and help others discover what approach works best for them at their stage in life. The process of working with clients to create happy, healthy lives that are flexible, fun, and free of denial is the ultimate reward.

Living your best life is possible right now. Stop and take a moment to think about these different areas of your life: career, relationships, spirituality, and physical activity. All of these different areas serve us as food, feeding us just like food does. So what does this all mean? It means that while food is an important and necessary component to our ability to thrive here on earth, these other four areas are as crucial to our existence. In essence everything is food. I can put a client on the best foods in the entire world and perhaps they still don't feel fulfilled with their life. Why is that? Well, I was there. I was eating the best foods in the world. I was going to the gym but my spiritual practice was nonexistent and I was on a career path that didn't feel right. These areas were holding me back from my ultimate purpose in life.

It goes without saying, our health is much deeper than just eating the right foods or walking on the treadmill. We owe it to ourselves to spend time analyzing all of these areas of our lives. Individually, we know what is right for us and we must trust our intuition. Life is nothing but a journey for us to go on and figure out our true purpose. Throughout the process you will begin to implement positive changes that will increase your energy, balance, and overall health. Take your time, be gentle with yourself and understand that your needs and journey are different than the rest. Carve your own way and light your own path. You deserve to live your best life and it starts right now.

If this is your first time coming across health coaching, it is my hope that you come away with a different mindset and perhaps can begin to apply some of these ideas into your own personal life. We are all blessed with an internal compass which can be summed into three words, follow your bliss. These words tell you what direction to travel in every moment. Bliss is how you feel when you do something you absolutely love to do, and it is a thread that's connected to your dreams. So when you follow your bliss you also find your dreams, and fulfill your reason for being here. The time to live your best life is now!

Christopher "Chris" Daniel Gonzalez is a Miami Based Author | Speaker | Athlete | Model | Activist | Holistic Health Coach & Wealth Planner | Social Entrepreneur whose mission is to inspire others to greatness. He combines his knowledge and expertise in the areas of Mind | Health | Wealth to offer a unique and worldly perspective on what may be holding you back from living your best life ever, a #SuperLevelLife™

ChristopherDanielGonzalez.com | @1ChrisGonzalez1

STUFFED Pumpkin Muffins

By:Heidi Cannon

Pumpkin is chock-full of vitamins and minerals but low on calories. There are many creative ways pumpkin can be incorporated into your diet, including desserts, soups, salads, preserves and even as a substitute for butter. Next time pumpkin season comes around, don't carve it, cook it up and eat it!

Stuffed Pumpkin Muffins

Ingredients

2 Cups Pumpkin Puree
2 Scoops Vanilla Quattro
4 tsp Honey
1 Pinch Of Salt
2 TSP All Spice
4 TSP Cinnamon
1/2 TSP Ground Ginger
2 TSP Baking Soda
1 Cup Coconut Flour

Stuffing

1/4 Cup Cream Cheese
1 Tsp Natural Maple Syrup
1 Tsp Cinnamon

preheat oven to 365F
Mix all wet ingredients above and slowly fold in dry ingredients. Pack pre-sprayed baking tins. Take a small spoon and scoop out a small hole in each muffin. Place in oven and bake for 15 minutes. Next in a separate bowl mix cream cheese, syrup and cinnamon. Scoop small table spoon and drop into hole of muffin. Place back into oven for another 30 minutes.

Makes 12 Each Muffin Contains:
Cals- 193 Fat -28G Carbs-21G Protein-9.9G

Charlene Baker

Call Coach A for your next shoot!

www.jwathertonimages.com | 703 450-1658 | ateamx@patriot.net

STRONGMAN TRAINING

By Tom Mutaffis National Strongman Lightweight Champoin

You know that feeling when you walk into the gym and everything just seems to fall into place? The weights that you have attempted countless times in the past feel like a warm-up, and personal records (PRs) are set and eclipsed with ease!

The PR is an integral component to your short and long term success in the gym. PRs allow you to measure progress, configure goals, and serve as a tremendous motivator. When you hit a PR it literally creates a feeling of euphoria. A PR need not be defined as your 1 repetition maximum. It can be anything from running a mile in under six minutes, to finally hitting that 225 lbs x 10 bench press, to completing 50 chin-ups in only 4 sets.

Setting a PR is not just a matter of getting lucky or "having a good day" – there are 5 main factors that you can control to help drive peak performance:

so you want to HIT A P.R.?

DIET:

Consuming the right nutrients can be crucial to your success.

Days Leading up to PR – Increased protein intake becomes a focus. Most trainees find it easiest to ramp-up their protein intake via the use of supplements. My personal choice is Nitrean by AtLarge Nutrition, LLC (www.atlargenutrition.com) which consists of a unique blend of 3 fractions of whey, casein, and egg proteins. A generalized surplus of calories is also important. From my experience, the window of opportunity for dietary manipulation begins 3-4 days out from the PR attempt.

The Day of the PR Attempt – On this day it is crucial to take in a surplus of total calories with an emphasis on carbohydrates and fats for energy. Do not eat unusual foods that may upset your stomach.

Pre-Workout Meal – Instead of a meal with regular foods, I recommend a high calorie shake (I use MAXIMUS by AtLarge Nutrition) be consumed 2-3 hours prior to the attempt. Depending on how I feel and the nature of the attempt, I may have a simple carbohydrate source such as dextrose or fruit after the shake in the intervening time prior to the attempt. Some trainees like to use a pre-workout supplement containing stimulants to get "up" for the attempt. This is fine so long as care is taken to make sure the supplement does not interfere with your warm-ups, focus, or your stomach (common problems noted with the use of many pre-workout supplements). I recommend a banana, a couple of spoons of honey, and 200 mg of caffeine as an effective pre-workout "stack".

SLEEP:

Sleep is integral to optimal physical performance. You must be well rested prior to PR attempts. 8 hours of sleep per night is the generally accepted benchmark, but some people may require more depending on factors such as total physical activity (ex: if they have a physically demanding job) and stress.

CNS:

If your PR attempt is going to involve heavy loads, you want to have your central nervous system (CNS) "primed" for the event via proper training in the preceding weeks.

Heavy resistance training is a tremendous stressor to the CNS and one must take care to both allow for adequate recovery time, and to train as heavy as possible as often as possible. This balancing act can be tricky, but the protocol listed below is one that has worked very well for me:

Week 1: Heavy (75-85%)
Week 2: Light (65-75%)
Week 3: Maximal Effort (95-105%)
Week 4: De-load (50%)

The above load schedule does not detail set and rep recommendations. For clarity, below you will see specific loads (based upon a previous best of 275 lbs x 3 reps), sets, and reps:

Week 1: 245 lbs x 3 sets of 3
Week 2: 210 lbs x 3 sets of 5
Week 3: 210 lbs x 3, 245 lbs x 3, 285 lbs x 3 (PR)
Week 4: 155 lbs x 3 sets of 10

WARM-UP:

Immediately prior to the PR attempt, a proper warm-up is crucial. Care must be taken to gradually warm-up the musculature and then move on to heavier loads which will do the same for the CNS. The use of relatively heavy loads during this process must be tempered with the fact that one does not wish to fatigue the body such that the PR attempt is compromised, rather a gradual increase in loads used which both stimulate and do not overly fatigue is ideal. Isolation movements can also be incorporated to prime specific muscles which are to be used in a compound exercise PR attempt.

MENTAL:

The mental aspect is a major factor in setting PRs. You simply cannot optimally harness your physical abilities without the capacity to 100% focus on the task at hand. Heightened mental focus and physical arousal are keys to setting PRs. While there is individual variance in how to best achieve the requisite state, there are certain methods that work for nearly everyone:

• You must attempt to block all distractions from your mind. A sound technique involves taking a few moments prior to the PR attempt to close your eyes and mentally rehearse the lift. Visualize yourself successfully completing the PR. Try to see, smell, and feel all that you will during the actual attempt. In short, make the mental attempts as realistic as possible.
• Build up your adrenaline prior to the big attempt. For some people this means getting angry or "fired up" while for others it is just a calm focus of energy. Stay in control and do not expend any valuable energy with anything unnecessary.

WRAPPING IT UP:

It is generally recommended that you go for heavy PRs (using loads greater than 80% of your current 1 repetition maximum) no more than once per month. With that said; remember that PRs can take nearly any form and need not be 1-3 repetition lifts. These other types of PRs can be attempted with greater frequency.

As you can see, PRs are a must for any dedicated trainee. Follow the guidelines set forth in this article and you will be well on your way to your personal physical goals.

Now, go break down your barriers and set some new personal records!

The following sample warm-up is based upon a PR attempt of

300 lbs

in the bench press:

Generalized Warm-up:
5 minutes walking on elliptical trainer at low resistance.

Light Stretching & Dynamic Warm-Up:
2-3 minutes of upper body stretches, arm swings, shoulder mobility, etc.

Isolated warm-up for involved muscle groups:
Pushups: Body weight x 2 sets of 10 reps
Triceps Pushdown: 50 lbs x 15 reps

Movement Specific Warm-up & Work Sets:
Bench Press
Empty Bar 45 lbs x 10 x 2 sets
95 lbs x 10
135 lbs x 7
185 lbs x 5
225 lbs x 2
*255 lbs x 2 ***
275 lbs x 1
300 lbs x 1- PR!
Attempt 305-315 lbs
assuming clean lift @ 300 lbs.

***This is the first "work set" where you should add chalk, put on wrist wraps, flip hat backwards, or do whatever else you plan to do on your max attempt.*

Note: Some athletes may utilize neoprene sleeves and or anti-inflammatory drugs such as ibuprofen for problem areas like elbows or knees. Please discuss any medications or injuries with your doctor prior to moving forward in your routine.

WHO COMPETED?

My name is Leah Gruber. I competed in Fitness Universe in Miami and took 2nd in bikini medium class and 3rd in figure. I am an aerialist in Las Vegas, NV. I perform and train on silks, trapeze, lyra, spanish web, and harness. Training aerial helps prepare me for competitions by creating a very strong core and back. I'm currently getting certified in antigravity yoga (aerial yoga). I hope to have my own studio one day where I can teach antigravity yoga, coach competitors and personal train.

TAKING THE STAGE

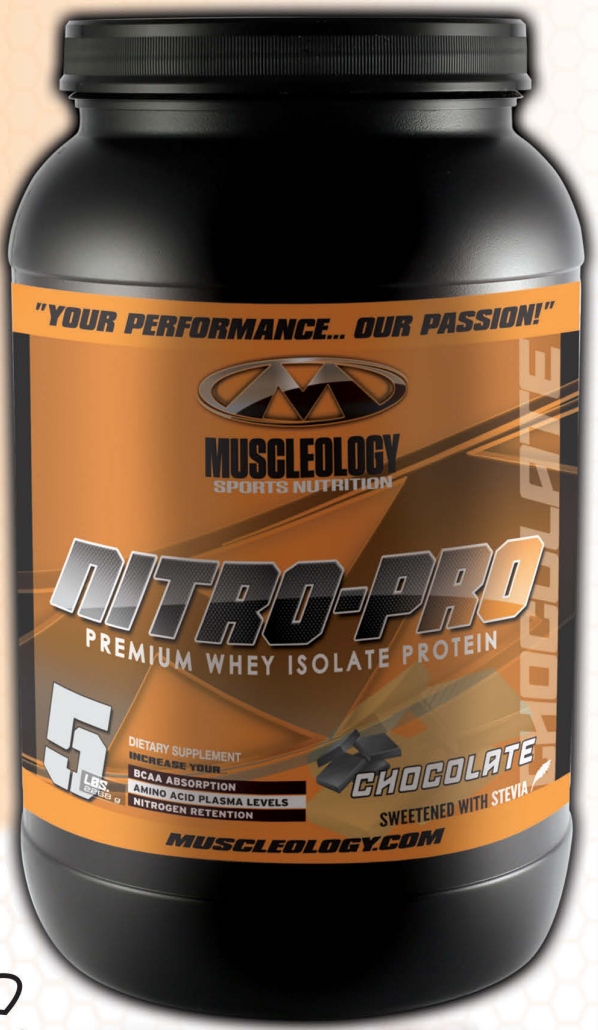
Did you compete?
Send in your high res photo and bio!
to: Debbie@NaturalMuscle.net

NITRO - PRO

PREMIUM WHEY ISOLATE PROTEIN

Elite Muscle Building Protein Formula Nitro-Pro floods your muscles with an ultra-premium 100% naturally sweetened whey protein formula Enhanced with Nitrogen optimization Co-Factors, BCAA'S, Glutamine Peptides and Digestive Enzymes, so if you want to give your body the best,

Give it Nitro-Pro.



Here's why Elite Athletes Choose Nitro-Pro!

- 30 Grams of premium whey isolate protein per serving
- Low in carbs, sodium, and sugar
- No Gas or Bloating
- Mixes Easily & tastes great- even use for cooking Nitro-Pro Hi-Protein Pancakes
- Flavors: Chocolate, Cookies & Cream, Vanilla

"YOUR PERFORMANCE... OUR PASSION!"

Toll-Free 1.877.283.4338

AVAILABLE AT

Sports Products Europa

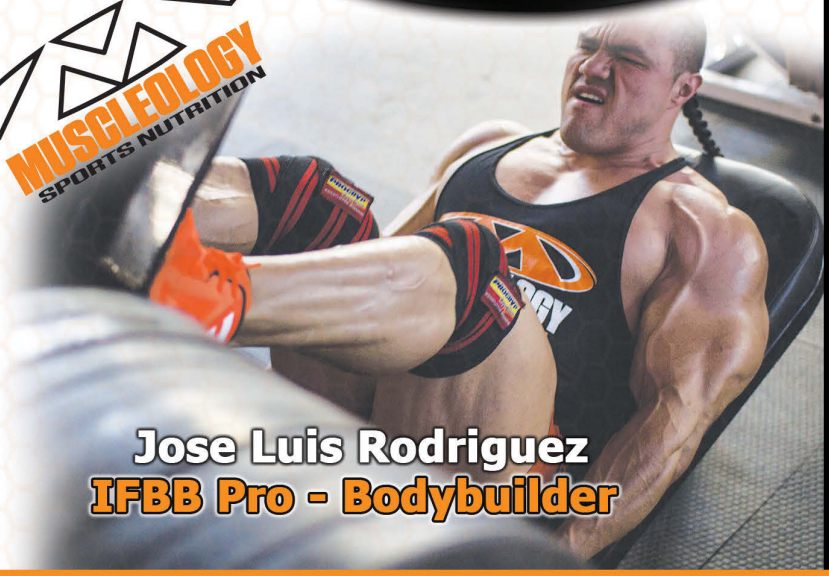
BodyBuilding.com Information. Motivation. Supplementation.

Vitacost®

Lone Star Distribution

theVitamin Shoppe® every body matters™

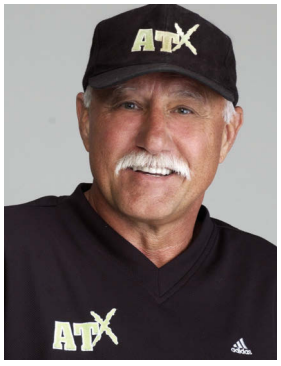
MUSCLEOLOGY SPORTS NUTRITION



Jose Luis Rodriguez
IFBB Pro - Bodybuilder

WWW.MUSCLEOLOGY.COM

MEET OUR WRITERS



DR. JOHN ATHERTON

Professional Writer and Photographer, personal trainer and coach looking to help others! ateamx@patriot.net People call him "Coach A"To contact Coach A for photography: ateamx@patriotnet www.jwathertonimages.com

ERIC BROSER

Please visit www.broserbuilt.com to subscribe to the "B-Built Program," purchase Eric's books/DVD, or to learn about his many personalized services, including online training, diet/nutrition consulting and contest preparation coaching for ALL physique athletes.

THOMAS DELAUER

Thomas DeLauer is an accomplished fitness cover model, fitness personality and motivational spokesperson who prides himself on his extremely down-to-earth and organic approach on diet, training, relationships, and life in general. Thomas' focus is on encouraging and motivating those around him to use a healthy body and mind to find where their true passion lies and to Workout to Live, not Live to Workout.

You can follow Thomas via the following:
Instagram:@ThomasDeLauer
Facebook: Facebook.com/ThomasDeLauer MP
Website: www.ThomasDeLauer.com

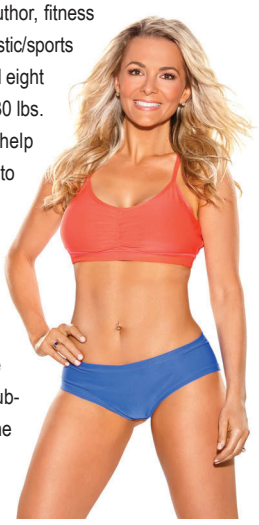
FRANK GIGANTE

Frank Gigante is an All Natural Professional Bodybuilder and author. Frank has co-written The Everyday Warrior - a comprehensive e-book that serves as complete guide to incorporate basic fitness, healthy eating, and healthy cardio into our already busy lives. The Everyday Warrior is available on frankgigantenaturalpro.com. Also, for more interaction and daily motivation and information connect with Frank on facebook at www.facebook.com/frankgigantenaturalpro. He can be contacted at frankgigantenaturalpro@gmail.com

DARLA LEAL

Her training has spanned over 20 years in the fitness industry with AS degrees in Biological/Life Sciences, Human Anatomy focus, specialized Nutrition courses, International Fitness Certifications through the Aerobics and Fitness Association of America (AFAA), AFAA Member in Good Standing, Advanced Massage Therapy Courses, Women's Tri Fitness Coach, Published Fitness Expert & Nutrition Writer, Intensive Medic First Aid Training, CPR Certified, Licensed and Insured. Stayhealthyfitness.com

SJ MCSHANE



SJ McShane is a published author, fitness writer, personal trainer, and holistic/sports nutritionist. She chose this field eight years ago after losing almost 30 lbs. and realized she wanted to help others do the same. Her desire to help people succeed drives her to bring out the best in each individual. As her passion grew in health and fitness, her love for writing on those topics grew as well. Over the past seven years she has published a book, "Shedding for the wedding," as well as contributed her writing to magazines internationally.

STEVE MARTESKI

Steve Marteski has lived and worked in the fitness and nutrition industry his entire life. His career in nutraceutical marketing and new product development has seen him design, produce and launch a multitude of nutritional supplements geared to both health and athletic performance. Steve has a Bachelor of Science in Finance and also a Masters in Business from the University of Florida; where he graduated Cum Laude. He currently lives and works in Tampa, Florida as a Sales Executive for Allmax Nutrition and is also a trainer and nutrition coach for bodybuilding, figure, bikini competitors and other athletes and fitness enthusiasts. He can be reached via email at stevemarteski@yahoo.com.

GINA OSTARLY

Gina "The New Forty" Ostarly is in her third decade of sharing a healthier, happier life with others. She believes in the balance of a strong soul, body and mind. She is an internationally published writer, model and fitness competitor. More importantly, Gina is a mother and grandmother. Contact her at gina.ostarly@gmail.com ACE certified Personal Trainer and Fitness Nutrition Specialist www.ginaostarly.com

DR. MIMI ZUMWALT

Dr. Mimi Zumwalt is the Head Sports Medicine Surgeon at Texas Tech University Health Sciences Center, Tri-Fitness competitor/team physician, AFAA certified personal trainer, ACSM group exercise leader, and textbook co-author/contributor (The Active Female and The Female Athlete). She also holds a national benchpress record in NASA natural powerlifting and was the top ranked Womens Tennis Champion in Arkansas. She has delivered numerous lectures on health, fitness, wellness along with writing countless magazine articles on training and musculoskeletal issues. She can be contacted at trifitdoc@gmail.com


"My BUFF BOX is here! I'm ready to GROW!"
Tons of the top supplement samples shipped to you each month! ($75 Value)
www.TheBUFFbox.com
NATURAL MUSCLE MAGAZINE
The BUFF Box
ips chips with protein
White Cheddar
6g PROTEIN
VPX
MuscleMeds
PERFORMANCE TECHNOLOGIES
TWINLAB
MAGNUM NUTRACEUTICALS INC
MUSCLEPHARM
ALLMAX NUTRITION

NEW!

ENERGY, AMINOS & DIET!

AminoCuts **could be the most delicious drink mix we've ever made. Perfect to enjoy anytime; easy-to-mix, full of Aminos and loaded with diet-friendly ingredients like natural-source Caffeine (125 mg), Taurine, C.L.A. and Green Coffee extract – AminoCuts is ideal anytime you need an energy boost!**

AMINOCUTS

USAGE CHART: Choose Your Time!

	Scoops	Pre-Cardio, Training or Physical Activity
Morning	1 to 2	AM Boost, Morning Cardio, or
Mid-Day	1	Mid-Day Boost or Training, or
Evening	1 to 2	Pre-Cardio or Exercise Class


Piña Colada


Goji Berry Martini

Quick & Delicious!

On your way to do some Cardio? Need a mid-afternoon "pick-me-up"? AminoCuts fits your life and your diet. Available in 2 mouth-watering flavors!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

ALLMAX®

www.AMINOCUTS.com